



Saga and Samir follow the

PEP DAY

FOR CHILDREN AGES 1-5

Join Saga and Samir as they try to balance the hours of the day using Pep Day from Generation Pep. Pep Day is a way to plan the day so that your child's body thrives and gets what it needs to stay energised.

Rest and sleep

In order for the body and brain to recover, we need sleep and rest. Sleep is also important for strengthening our resistance to diseases. Children need more sleep than adults. At 1177.se, you can find detailed information about the recommended number of hours of sleep for different ages. In order for us to feel as good as possible, we need the right amount of sleep – neither too little nor too much. If your child has trouble sleeping, you can contact your child health centre for help.



Play and development

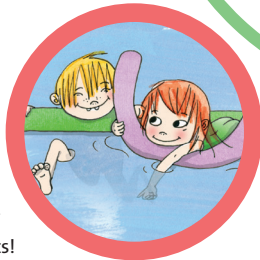
Regardless of age, children need time to develop new skills, such as painting, reading, doing puzzles, or practising climbing and walking backwards. Developing through play is a great way to practise these skills. For many children, much of this takes place in educational settings, but there should also be time for development and play at home. Children need time together with their family and friends, both to develop their social skills, but also to feel a sense of community, which in itself creates an inner sense of security for the child.



Remember that all children need to brush their teeth twice a day for 2 minutes (ideally done by an adult). Make it part of the routine before going to bed and after breakfast.

Movement and physical activity

It is recommended that children ages 0-5 are active through play and movement several times a day for the development and well-being of their body. All movement counts! For young children, this could involve playing on the floor, while, for the older ones, it could be cycling or walking, playing actively on a playground or in the forest, or maybe dancing together in the kitchen while making dinner. It is important for young children to practice their motor skills, for example by climbing, crawling, and rolling around.



Sedentary screen time

Neither adults nor children benefit from too much screen time. Screen time tends to take away from other important aspects of the child's life, which is why it is important to establish clear routines for screen use and to balance the hours of the day to ensure plenty of room for play, movement, rest, and time together.



Food and meals

Young children need lots of nutrition to thrive, grow, and develop. At the same time, their stomach cannot hold as much food as an adult's. It is therefore important that children eat regularly and are offered varied and nutritious foods. Follow the plate model at lunch and dinner and strive to serve vegetables and fruit with all meals. And look for the Keyhole label on foods; it is a symbol of a healthier choice, even for children. As a parent, you are your child's greatest role model. If you eat healthy food, your child is more likely to want to do so as well. So, make mealtime a pleasant time and try to eat at least one meal together every day.



Generation Pep is a non-profit organisation working to spread knowledge and engage society in the health of children and young people. Generation Pep was founded through an initiative by the Swedish Crown Princess Couple, who, together with stakeholders from across society, want to pursue ambitious, long-term public health efforts aimed at children and young people. Learn more at www.generationpep.se



MY PEP DAY

Here you can write down what your Pep Day looks like. It gives you a good overview of your day and is also a good way to see what you might want to adjust at home to make the day even more peppy! Remember, Pep Day applies regardless of whether it's a weekend or weekday, although the routines may vary.

Rest and sleep

How did you sleep today? Did you sleep both during the night and during the day? Did you dream anything? Do you feel alert and rested? What type of rest was there during the day?

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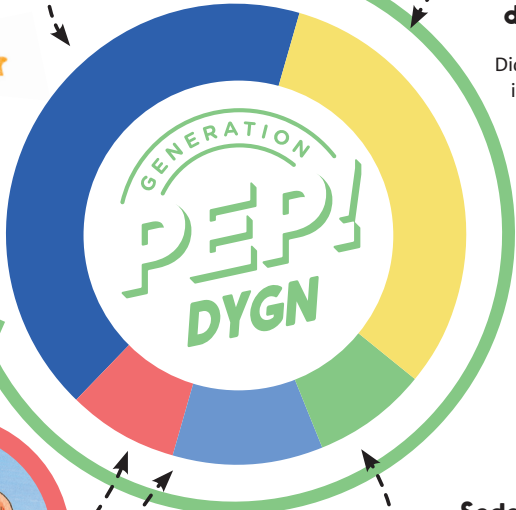
Wow, a lot can be fit into one day! What did mum and dad's Pep Day look like?



Play and development

Did you learn anything new today, at home or in preschool? If you were at preschool, how long were you there for? Did you play today? What did you play? Did you practice anything special? How much time did you spend with you family today?

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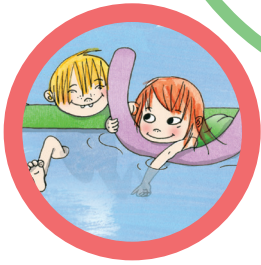


Did you brush your teeth today? How many times should you brush your teeth each day?
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Movement and physical activity

What physical activity did you do today? Did it make you warm, sweaty, or out of breath? Was there any activity that was especially fun?

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Sedentary screen time

How much time did you sit still in front of the screen today? What did you watch? Did you do it together with someone?

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Food and meals

What did you eat today? Did you eat together with someone? Was there anything that was extra tasty? What did you eat from the different shelves in Saga's pantry?

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