



Dubai Gem Private School

Encouraging Healthy Lifestyles Top Tips for Parents

Make healthy food choices

Try to plan and prepare balanced meals that are nutritious. Think about portion sizes and forming good habits with food, for example around snacking, fizzy drinks & takeaway. Reach a balance that works for your family.



Stay Active as a Family

Schedule regular family physical activities, such as walks, bike rides or outdoor games. Encourage outdoor play to promote physical fitness. Find activities that everyone enjoys to make exercise a positive experience.



Promote Positive Mental Health

Create a supportive and open environment for discussing feelings and emotions. Encourage healthy coping mechanisms for dealing with challenges.



Establish Healthy Sleep Habits

Set consistent bedtime routines for children. Create a relaxing environment before bedtime to promote better sleep quality. Lead by example and prioritise sufficient sleep for yourself.



Manage Screen Time Mindfully

Set clear guidelines for screen time, ensuring a balance between technology use and other activities. Create designated screen-free zones and times, such as during meals or before bedtime.



Set Goals Together

Set realistic health goals together, considering the needs of each family member. Celebrate progress, reinforcing the importance of maintaining a healthy lifestyle. Small, sustainable changes can lead to long-term positive outcomes.

