

THRIVE BY 3



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HEALTH

"LET ME BE HEALTHY IN SAFE SURROUNDINGS"

Title:

Thrive by 3. Booklet 5

Health

"Let me be healthy in safe surroundings"

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Authors

Elisabeth Solheim, May Britt Drugli, Trude Hamre Sveen, Ratib Lekhal
and Turid Suzanne Berg-Nielsen

Developers:

Thrive by five Washington

RKBU Central Norway

RBUP East & South

BI Business School

Layout: Maja Sandmo Grip

Illustrative photo: Adobe stock.com

THRIVE BY 3



About

- Health, care and hygiene
- Food and meals – give me healthy and good food and eat with me!
- Safety – teach me what is dangerous so I can move freely and safely.

In this booklet you will find text and suggestions about your child's health and safety. The information is presented in two columns: "Children can...." are examples of what children aged 9-18 and 16-36 months are about to learn, be, do, and know. "What you can try to do together with your child...." are examples of what you can do to help your child thrive, learn, and develop. Some of the things you will read will likely be familiar and you probably already practice some of the examples of what you can do together with your child. Perhaps there is still something that is new to you, something you did not know your child could do, or that you would like to try some of the suggestions with your child?

Keep in mind that the age divisions are not absolute. Many younger children can do some of the things listed for children aged 16-36 months, and much of what is listed under 9-18 months is applicable to older children.

The descriptions and suggestions in this booklet can be viewed as a basis for thinking through and talking about how to best support your child in different situations in everyday life. They are not set answers.

HEALTH, CARE AND HYGIENE

Children aged 9-18 months can...

- Increasingly recognise their own needs; cry when their nappy needs to be changed, grab a blanket/comforter when they are tired, etc.
- Let themselves be comforted with the support of adults, often need help to settle down and fall asleep.
- Help with getting dressed, undressed and changing nappies.
- Wash and dry their hands with help.

What you can try to do together with your child...

- Make sure bathing and dressing is characterised by positive, mutual interaction.
- Make sure your child gets enough sleep and has good and regular bedtime routines.
- Attend to your child's needs when he/she expresses a need for a clean nappy, something to drink, food etc.
- Practice hygiene routines such as washing their hands, blowing their nose, brushing their teeth, and demonstrate that it is nice and positive.
- Allow your child to participate in daily activities related to cooking, cleaning and washing.
- Limit TV and other screen time
- Follow up consultations at the child health clinic, including vaccination
- Learn the typical signs of illness; such as when your child comes down with a fever, deterioration of their general condition, loss of appetite, they become more clingy, whiny, need more closeness, sleep and rest, etc.



Children aged 16-36 months can....

- Express a desire to "do it myself" and take care of themselves.
- Get dressed and undress with help.
- Have their own bedtime routines, such as finding a teddy bear and/or dummy before they go to sleep.
- Sleep well, wake up refreshed.
- Show interest in practicing going to the toilet. Be potty trained and use the toilet at around age 3 (with help).
- Wash and dry their hands with just a little help.
- Say the name of some parts of their body.

What you can try to do together with your child...

- Let your child get dressed/undress by themselves, blow their nose, wash their hands themselves, etc. Help when necessary, but let your child try to do these things themselves.
- Support your child's interest in using the toilet. Eventually, teach your child to use the toilet.
- Have a set bedtime and regular routines in the evening. Help your child settle down before bedtime. Read a book together, do quiet activities, speak with a calm voice.



FOOD AND MEALS GIVE ME HEALTHY AND GOOD FOOD AND EAT WITH ME!

Children aged 9-18 months can...

- Grab and drink from a cup.
- Feed themselves with a spoon.
- Eat finger food.
- Control how fast they eat.

What you can try to do together with your child...

- Make meals a friendly gathering time for your family where everyone sits around the same table.
- Let your child have the opportunity to feed themselves with a spoon, drink from a cup and eat finger food.
- Give your child support/help if needed.
- Make sure to provide your child with a variety of taste experiences.
- Limit your child's consumption of sugary beverages, including juices.

Children aged 16-36 months can....

- Feed themselves with a spoon or fork without help.
- Eat slices of bread themselves without dividing them into bits.
- Eat a variety of food and choose between different types of food when given the opportunity.

What you can try to do together with your child...

- Have regular routines and mealtimes.
- Let your child have the opportunity to help themselves to food.
- Talk to your child about how their body works and how food and beverages help our bodies to stay healthy and fit.

SAFETY

TEACH ME WHAT IS DANGEROUS

Children aged 9-18 months can...

What you can try to do together with your child...

- Be diverted from behaviour that can be dangerous with words or signals from adults: "No!" "Stop!"
- Look at an adult to check before they do something that might be dangerous.
- Explain to your child when something is too hot or too cold.
- Repeat the same words or phrase when you stop your child from dangerous behaviour. For example, "No-no", or "Stop!". Then explain to your child why it had to be stopped.
- Watch your child's activities and provide support and assistance if needed.

Children aged 16-36 months can....

What you can try to do together with your child...

- Recognise safety rules, including knowing what is dangerous and what is allowed.
- Be concerned about safety in the home. Do you wonder how you can secure your home? Please contact your health visitor.
- Teach your child to find an adult when he/she has fallen down, etc. or feels unsafe.
- Explain why something is dangerous in relevant situations (e.g. in traffic). Adapt the information to your child's age and maturity.





HEALTH, CARE AND HYGIENE

FOOD AND MEALS

- GIVE ME HEALTHY AND GOOD FOOD AND EAT WITH ME!

SAFETY

- TEACH ME WHAT IS DANGEROUS SO I CAN MOVE FREELY AND SAFELY.



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- Psykisk helse og barnevern

