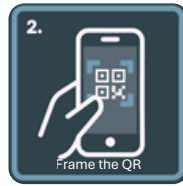


# HEALTHY HABITS (AGES 5-13)



## Healthy Eating



### Enjoy Family Meals Together

- Eat meals together as a family when possible; this helps children feel safe and connected.
- Keep mealtime relaxed and free from screens or toys, so everyone can talk and enjoy.

### Have a Variety of Foods

- Offer many types of foods: vegetables, fruits, whole grains, and protein.
- Make water your main drink.

### Follow Meal Roles

- Parents decide: what food, where, and when to eat.
- Children decide: how much to eat. They will eat different amounts each day, and that's normal.
- Following these roles can help children learn to trust their bodies and have a positive relationship with food.

[HealthLink BC -Healthy Eating for Children](#)

## Physical Activity



- Children should aim for 60 minutes of physical activity every day.
- Move enough to sweat or get out of breath; bike, swim, run, or play at the park.
- Keep moving during the day. Take breaks and move between sittings.
- Be a role model, be active! Children copy their parents.
- Try new activities together, so movement stays fun and interesting.

[Children & Youth Movement Guidelines](#)

## Sleep



- Most children need 9–11 hours of sleep per night. Every child is different. Some children sleep more; others sleep less.
- Follow a bedtime routine. Go to bed and wake up at the same time each day.
- Create a calm sleep space: have a cool, dark and quiet bedroom.
- Turn off screens 1-2 hours before bedtime. Avoid caffeine 4-6 hours before bed (including pop and chocolate).

[Kelty Mental Health -Sleeping Well](#)

## Screen Time Management



- Limit screen time to 2 hours outside of schoolwork.
- Avoid using screens as a distraction. It may help for a little while, but children need to learn how to calm themselves without screens. Try the parenting strategies linked below to help your child develop self-soothing skills, without screens.
- Be a role model, reduce your own screen use when you are with your child.
- Prioritize family time, focus on activities that keep everyone active and connected.

[Screen Use and Young Children](#)

## Other Healthy Habit Tips



- Talk with children about feelings and school experiences.
- Wash hands often to stop the spread of germs.
- Brush teeth with fluoride toothpaste to prevent cavities. Visit a dentist once a year.  
[www.Bcdental.org](http://www.Bcdental.org)
- Keep children safe in the car by using a car seat or booster until they are 145cm (4'9") or 9 years old.  
[ICBC](#) | [BCAA](#) | [Transport Canada](#)
- When walking, look left, right, and listen. Wear reflective clothes and use lights after dark.

# RESOURCES FOR NEWCOMERS - SOUTH ISLAND



## Food Resources



Food Resources for Newcomers

- [Helpful information](#) on grocery stores, finding cultural ingredients, culturally diverse restaurants, and farmers markets.

Community Service Directory - Food Programs

- Includes [information](#) about service types, cost, languages, ways to access.

## Counselling Services



Victoria Child and Youth Mental Health

- Free [mental health services](#) for children and youth (aged 5 to 18). Referral is required.

Foundry Victoria

- Free [counselling services](#) for children and youth.

VICCIR

- Vancouver Island Counselling Centre for Immigrants and Refugees ([VICCIR](#))

Sea to Tree

- Clinical [counselling, coaching and wellness services](#) in Sooke, the Westshore, and online.

Pathways

- [Pathways Community Service Directory](#) for Victoria-South Island.

School-Based Counselling

- Check your child's school for more information.

## Family Programs and Services

Recreation (rec)



- Drop-in or register for a monthly pass to the local rec centre.
- L.I.F.E. Program – access to rec services and programs for individuals and families living on a low income. Visit your rec centre website for more information.
- [Kidsport BC](#) - financial assistance for children's sport activities.
- [Power to Be](#) helps people with barriers to access nature and recreation activities.

Greater Victoria Public Library



- [Programs](#) for children, youth and families (summer reading club, family story time).

Other Children and Family Programs

- [BGC South Island](#): variety of social, educational, and recreation programs for children and youth.
- [Neighbourhood houses](#) offer programs and services for families. See locations.

Childcare Resource Referral

- For locations and information [www.childcarevictoria.org](http://www.childcarevictoria.org)



- Sooke/Westshore Childcare [resource and referral program](#)

School District Registration

- [Greater Victoria School District](#)
- [Sooke School District](#)
- [Saanich School District](#)

## Health Care Services



Emergency Care

- For serious or [urgent medical issues](#) (chest pain, stroke, severe injury, etc.), go to the nearest hospital. See wait times.

Care Options

- Contact your family doctor or nurse practitioner first.
- No family doctor?  
Register with the [BC Health Connect Registry](#) to get a family doctor or nurse practitioner.
- Same-Day Care  
[Get care](#) in person or online at a clinic.
- The Refugee Clinic at the [Downtown Victoria Urgent and Primary Care Centre](#) offers medical screening for newcomers who have arrived within the past 12 months. Call for appointment.

Medical Advice Now

- Call 8-1-1 for [medical advice](#) 24/7



## Government Programs



Canada Dental Care Plan (CDCP)

- Helps eligible families access [dental services](#) for children.

BC Healthy Kids Program

- Children in low-income families can get coverage for: basic [dental care, eyewear, and hearing assistance](#).



## 211 British Columbia

[211](#) is a free and confidential service that connects people to helpful and vital resources in their community. Available in different languages.