



**CHILDREN ARE PRECIOUS**  
EDUCATING STUDENTS THE RIGHT LIVING  
**A SOCIAL AWARENESS PROGRAM**  
DRIVEN BY  
**NAVI MUMBAI MUNICIPAL CORPORATION**

SUPPORTED BY



# PHYSICAL GROWTH

5<sup>th</sup> to 7<sup>th</sup> (same for 8<sup>th</sup> to 12<sup>th</sup> also)

## Do's

1. Check height, weight & BMI once in 6 months
2. Maintain & track the records
3. Check BP once a year
4. Follow proper diet
5. Daily physical activity should be essential part of routine
6. Use dinner time as a good family time.
7. Serve meals in small portions (to avoid over eating / food wastage)
8. Watch for excess food consumption (& weight gain) during exam times

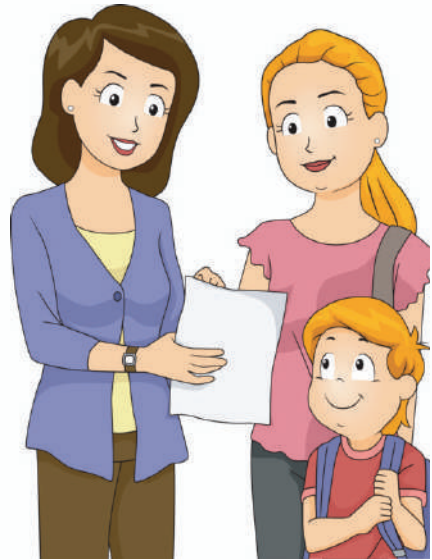
## Don'ts

1. Don't go for prolonged / heavy exercises (eg. marathon) without proper guidance & training
2. Don't have meals while watching TV / electronic screen
3. Don't indulge into binge eating



## Red flags (to be noted by parents / teachers)

1. Sudden increase in thirst, appetite, urine output
2. Sudden reduction in thirst, appetite, urine output
3. Unexplained weight loss
4. Sudden weight gain
5. Sudden slowing in physical growth
6. Sudden change in body form / composition
7. Do u think - your child is growing too slow / too fast
8. Ht., Wt., BMI > 95 percentile for age
9. Ht., Wt., BMI < 3rd percentile for age
10. Does your child have poor stamina? Does your child gets easily tired



# SLEEP AWARENESS

## 5<sup>th</sup> to 7<sup>th</sup> standard

### Do's

1. Take adequate sleep (Ideally 9 – 11 hrs/day for 5th to 7th and 8 – 10 hrs/day for 8th to 12th), Minimum 7 hrs
2. Stick to the same bedtime and wake-up time every day, even on weekends
3. Use bed only for sleeping
4. Keep the bed room quiet & comfortable
5. Maintain a bedtime routine (tooth brush, change clothes, shower etc.)
6. Do relaxing, quiet activities before sleep (soft music, reading a book etc.)
7. Children should go to bed when feeling sleepy, but still awake
8. Ensure that child has a daily sunlight exposure (it helps to maintain sleep-wake cycle)
9. Ensure child has regular physical activity / exercise



### Don'ts

1. No caffeine drinks in evening (tea, coffee, soda, chocolate)
2. In the late evening hours, avoid discussion on topics which can disturb the sleep (heated discussions/ hot topics). These things should be best discussed in day time (also called as – Worry time)



3. Avoid things which excessively stimulate mind (watching TV, electronic screen, loud music)
4. Avoid heavy physical exercise in the late evening hours
5. Avoid using Mobiles, TVs, Laptops in Bed room
6. Avoid sleeping with pets

### **Red flags**

1. Does your child has a disturbed sleep
2. Does your child feel tired / sleepy / gets body ache in the day
3. Does your child feels irritable / difficult to focus in the day
4. Does your child has very irregular sleep pattern
5. Does your child take a lot of time to fall asleep
6. Does your child snore a lot
7. Does your child speak / walk / shout during sleep
8. Does your child get up with bad dreams
9. Does your child have a habit of bed wetting
10. Does your child gets up @ night for water / washroom
11. In case of any of these complaints, do maintain a sleep diary



Dr. Abhijit Bagde, Consultant, Pediatrics, Apollo Hospitals Navi Mumbai

# DEVELOPMENTAL PAEDIATRICS

## DO'S

1. Have open ended conversations with the child about any difficulties faced.
2. Be in regular touch with parent/teacher.
3. Communicate and confirm your concerns with parent/teacher.
4. Identify how child learns best.
5. Watch for any recent changes in behavior.
6. Monitor what is being viewed as part of screen time.



## Don'ts

1. Reprimand the child or demoralize for under performing
2. Ignore or dismiss child's concerns regarding vision, ability to understand and comprehend.
3. Push the child to work against their will or pressurize them.
4. Permit to watch content without parental supervision or guidance.
5. Keep screen time limitless.

## Red Flags (to be noted by parents/ teachers):

1. Slow to learn new skills
2. Difficulty remembering sequences
3. Confuses basic words
4. Consistently misspells words and makes frequent reading errors
5. Difficulty staying focused
6. Awkward pencil grasp

7. Difficulty making friends
8. Poor handwriting
9. Poor organizational skills
10. Dislikes reading and writing
11. Difficulty with reading comprehension/math skills
12. Poor memory
13. Trouble telling time
14. Acting without thinking i.e. Impulsiveness.



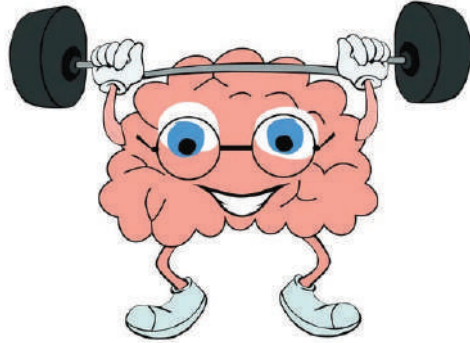
Dr. Shweta Nair, Developmental Pediatrics, Apollo Hospitals, Navi Mumbai

## MENTAL WELLNESS

Managing your stress and mental wellbeing is as important as managing your physical health.

### Do's (5<sup>th</sup> – 7<sup>th</sup> Std.)

1. Being in good Physical and Mental health – eating a balanced diet and getting regular exercise
2. Finding out time to play
3. Nurture 1 hobby offline everyday
4. Practice Gratitude
5. Be Prepared for Exams early
6. Learn relaxed breathing
7. Boost up your self-confidence and self-esteem by positive affirmations about yourself



### Don'ts (5<sup>th</sup> – 7<sup>th</sup> Std.)

1. Too much emphasis on being "Perfect"
2. Unhealthy self-comparison with age group peers
3. Lack of Exercise and cultivating hobbies
4. Focusing always on Failures

Adolescence is a crucial period for developing social and emotional habits important for mental well-being.

### Do's (8<sup>th</sup> – 12<sup>th</sup> Std.)

1. Maintaining good physical and mental health
2. Developing a good sense of humor

3. Developing a positive outlook on life
4. Accept failure as a natural part of life and not personalize it

5. Learn to practice relaxed breathing

6. Study and do your best in school

7. Try to maintain a good relationship with your parents

8. Develop a good balance between school and home

9. Learn ways to manage stress -You can't avoid stress, so you need to learn how to manage it. This will help you stay calm and be able to function in stressful situations



### **Don'ts (8<sup>th</sup> – 12<sup>th</sup> Std.)**

1. Staying up really late
2. If you're worried about something, don't avoid the feeling and express yourself
3. Don't try to take on too much. Limit your activities to the most important ones and give those 100%
4. Don't bully other people. And if you are being bullied, tell a parent, teacher or other adult
5. Don't use substance or other abusive things to deal with stress
6. Avoid violence

### **Parent & Teacher Strategies for Children from 5<sup>th</sup> – 7<sup>th</sup> Std.**

1. Involve them in productive & mentally stimulating activities
2. Let them Express
3. What can be done OFFLINE, should be avoided ONLINE
4. Introduce fun & humor in activities

5. Create a routine for the child but at the same time keep it flexible
6. Clarify expectations
7. Allow for mistakes
8. Give specific positive feedback
9. Focus on building relationships
10. Promote desirable behaviour & emotional engagement
11. Foster a sense of competence
12. Develop an atmosphere of Reading – Children who read develop a love for learning richer vocabulary
13. Provide them to have the ability to have direct input into their learning choices – give options
14. Encourage open communication
15. Focus on your child's interests & strengths
16. Celebrate efforts, not performance
17. Help them to get enough sleep and food
18. Encourage them to exercise
19. Encourage them to take breaks
20. Ask them where their fear is coming from if you notice them upset
21. Empower students with simple strategies to reduce anxiety
22. Be a role model for them
23. Have Conversations Early and Often
24. Prepare your child for the change to come
25. Allow your kids to experience failure
26. Allow your child to figure out ways to succeed
27. Become an adaptable parent or teacher
28. Develop the sense of respect for themselves

## Parent & Teacher Strategies for Adolescents from 8<sup>th</sup> – 12<sup>th</sup> Std.

1. Accept the restlessness and discontent of adolescence
2. Allow the adolescent to be independent
3. Allow the adolescent to make his/her own decisions
4. Support the adolescent by placing trust and confidence in him/her and by recognizing that he/she can make sound judgments
5. Avoid scolding and labelling the adolescent in front of friends; provide positive suggestions and praise
6. Avoid correcting the adolescent all the time
7. Avoid needless criticism; criticize the specific act under question and not the person
8. Keep all communication doors open
9. Shower continuous love and affection on the adolescent
10. Avoid negative statements about food, weight and body size and shape
11. Compliment them on their efforts, talents, accomplishments, and personal values



### **Red Flags - 5<sup>th</sup> to 7<sup>th</sup> Std. (to be noted by parents/ teachers)**

1. Eating or sleeping too much or too little
2. Pulling away from people and things
3. Having low or no energy
4. Having unexplained aches and pains, such as constant stomach aches or headaches
5. Worrying a lot of the time about exams and other challenging situations
6. Withdrawing from playgroups and friends
7. Being unwilling to leave home
8. Being less interested in schoolwork
9. Becoming aggressive
10. Having conflict with peers or parents
11. Having difficulty concentrating


### **Red Flags - 8<sup>th</sup> to 12<sup>th</sup> Std. (to be noted by parents/ teachers)**

1. Decline in school performance
2. Regular worry or anxiety
3. Repeated refusal to go to school or take part in children's activities
4. Hyperactivity or fidgeting
5. Persistent disobedience or aggression
6. Depression, sadness or irritability
7. Become withdrawn
8. Resist authority
9. Become disruptive or aggressive at home or in the classroom
10. Experiment with high-risk behaviors such as underage drinking or drugs



11. Difficulty in sleeping, insomnia, and other sleep disorders
12. Loss of self-esteem
13. Abandonment or loss of interest in favourite pastimes
14. Low or non-existent self-esteem
15. Abandonment or loss of interest in favourite pastimes
16. Considerable weight loss and loss of appetite
17. Excess mood swings
18. Expressions of hopelessness or worthlessness
19. Self-mutilation or mention of hurting himself or herself
20. Obsessive body-image concerns
21. Excessive isolation
22. Abandonment of friends and social groups

Dr. Rituparna Ghosh, Consultant, Psychology, Apollo Hospitals Navi Mumbai



# PHYSICAL HEALTH/ EXERCISE

## Do's

1. Games that promote movements
2. Minimum 10 minutes of Physical activity
3. Always warm-up and cool-down
4. Change of position in 30 to 40 minutes
5. Exercise in standing/ rather in lying position
6. Engage in physical activity 4-6 /week
7. Allow space for movement in the class



## Don'ts

1. Sit in slouch posture in classroom or while studying
2. Exercise if unwell
3. Forget/eliminate children with disability
4. Encourage any screen time, except video-chatting, for kids younger than 5 years
5. Involve in playing if unusual pain occurs
6. Wear tight clothes during exercises on ground

## For Teachers

### Do's

1. Make children get up for few minutes after every 30 to 40 minutes
2. Physical activity in terms of sit to stand activity or on playground should be incorporated for all students

3. Provide playground or sufficient space for playing
4. As a reward provide more playful activities
5. Check physical status of child at home



6. Give reminder for correct posture while sitting in class

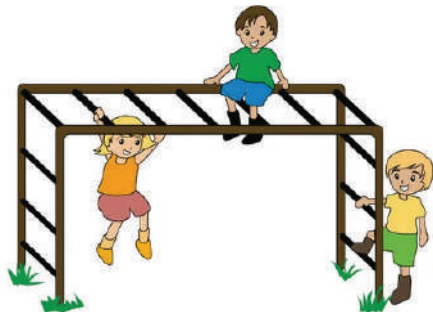
### **Don'ts**

1. Permit extended screen time
2. Not to play with school bag on back
3. Be afraid to try new things for activity
4. Limit physical activity due to weather
5. Make kids wait in line
6. Eliminate children with disabilities

### **For Parents**

#### **Do's**

1. Keep a check on child physical activity
2. Encourage child for exercises as a fun and stress free
3. Accompany them in physical activity like using stairs instead of elevators
4. Plan a routine /timetable for physical activity



## Don'ts

1. Try too much too soon
2. Pressure kids to do certain exercises
3. Ever compare one capacity with others
4. Punish for avoiding exercises that will demoralize them.

## Red Flags (to be noted by parents/ teachers)

1. Increase in body weight in short duration
2. Tired /Fatigue in doing small tasks
3. Breathlessness in running/stair climbing
4. Difficult in taking part in activities that are normal for that age group
5. Inactive through the day

Dr. Shalushubham Keni, Consultant, Head - Physiotherapy, Apollo Hospitals, Navi Mumbai



# NUTRITION

## MY FOOD PLATE OF GOOD HEALTH

Food is basic necessity of life and right nutrition is essential component for our child's health and wellbeing.

Primary functions of balanced diet are as listed as follows:

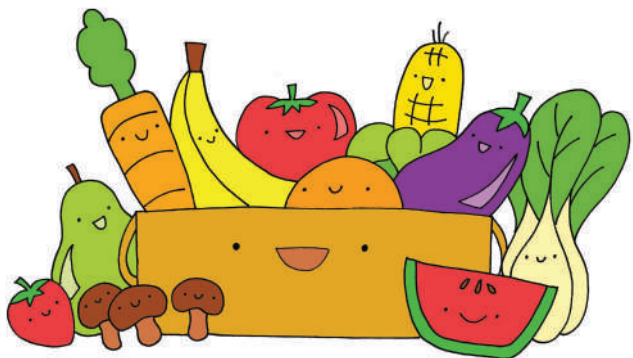
1. For growth-in terms of height and weight gain
2. For development of bones, muscular system.
3. To provide energy required to carry out day routine activities.
4. To boost immunity and offer protection against illness
5. Assist in mental development, IQ, memory, reflex action / cognitive function



Carbohydrates	Major source of energy and a good source of a range of nutrients like iron, B-complex vitamins, calcium & fibre	Whole grains and millets like unpolished rice, whole wheat, barley, ragi, jowar, oats
Proteins	Essential for growth & maintenance. Includes plant based protein as well as non-veg sources. and also form a rich source of vitamins and minerals	Include beans, lentils and peas, chanas, chawli, rajmah, moong
Fats	Required for absorption of fat soluble vitamins	Nuts and oil seeds, dairy products, ghee, oil, butter
Vitamins	Required for digestion and absorption	Whole grains, vegetables and fruits
Minerals	Essential for bone health	Whole grains, vegetables and fruits
Water	Maintains body temperature, aids digestion and absorption of food	Vegetables and fruits, milk, curd, soups

### Healthy Diet Tips –

1. Include all food groups - grains, pulses, vegetables & fruits, Dairy, nuts and oilseeds.
2. Whole grains are better in nutrition than refined.
3. Pulses such as sprouted legumes, dal, are good source of vegetarian protein and must be included in daily diet in 1-2 meals
4. Non vegetarian – include egg, chicken or fish as source of protein in any 1 meals rather than processed/ ready to eat bacon, sausages, nuggets
5. Focus to include 5 colours of vegetables and fruits – green, white, yellow orange, red, blue /purple. Each colour is linked with specific nutrients



6. Dairy is another important source of protein.
7. Avoid skipping breakfast
8. Limit use of packaged, processed or preserved foods. These foods are low in nutrition and high in calories, trans fats and chemical additives and preservatives

<b>ADVISE</b>	<b>AVOID / MODERATION</b>
Wholesome grain and millets- chapatti, multigrain bread, oats, ragi , jowar/ bajra roti	White bread, pav, Puris, Bhatura, Biscuits
Whole fruits	Fruit juices, packed juice
Wraps, rolls , Momos	Noodles , burgers ,Pasta
Idli, dosa	Fried wadas. French fries
Milk , curd	Cheese , ice cream, khoa /mawa
Lime juice, natural fruit concentrates , coconut water, Avla , raw mango, kokum sherbet	Carbonated or aerated beverages

**Please remember to include**

- CEREALS/ Whole grains (Goodness of Grains)
- PULSES/LEGUMES (Meatless meals)
- MILK & MILK PRODUCTS (The Probiotic Push)
- FATS & OILS (Mindfulness)
- FRUITS & VEGETABLES (Rainbow to health)
- WATER (Free fluid)

RIGHT NUTRITION IS IMPORTANT FOR YOUR CHILD'S HEALTH & WELLBEING

Ms. Varsha Gorey, Clinical Nutritionist, Apollo Hospitals Navi Mumbai

# DENTAL HYGIENE

No corrections

## Do's

1. Brush your teeth twice.
2. Rinse after every meal.
3. Keep your tongue clean too.
4. Avoid Junk food.
5. If teeth pain, inform the parents.
6. If you fall in school or play ground while playing and teeth get hurt inform the teacher or parents.



## Don'ts

1. Never go to bed without brushing
2. LIMIT acidic drinks e.g. cola, pepsi
3. Limit the sugary and sticky food.
4. Don't neglect the teeth pain.
5. If any difficulty in chewing the food visit your dentist.

## Parents/Teachers

### Do's

1. Take your kid every 6 months for routine dental checkup.
2. Introducing calcium rich food and green-leafy vegetables for good and healthy teeth.
3. Observe the brushing technique of your kid.
4. Ensure that your child is using fluoride based toothpaste.



5. Use a timer to make sure that they are brushing for 2 min.
6. Teach your kids to floss at least once a day.

### **Don'ts**

1. Don't bribe them for sugary treats.
2. Don't reinforce fear of dentists.

### **Red Flags (to be noted by parents/ teachers)**

1. Late eruption of permanent teeth.
2. Early fall of milk teeth.
3. Notice improper arrangement /crooked teeth.
4. Notice any black spots or brown colored teeth.
5. Bleeding gums.
6. Bad breath.
7. Notice any broken/fractured teeth.



Dr. Ninad Muley, Consultant, Prosthodontics, Apollo Hospitals Navi Mumbai

## EYES/ VISION

### Dos

1. Maintain proper posture while reading/ writing or working on the computer
2. Have adequate light in work space or near the study table
3. If prescribed, wear your spectacles/ glasses regularly
4. Blink frequently while reading or studying for a long time and also while working on a computer
5. For every 20 minutes of continuous reading or looking at a screen, look at something which is 20 feet or more away for just 20 seconds. This will help to relax your eyes.
6. Use protective glasses in science labs, if allowed. Use protective eyewear while doing activities like swimming or cycling too.
7. Spend time doing outdoor activities like playing, cycling, skating, and athletics; in daylight for at least 1 hour a day. It helps to stop increase in spectacle power and also can prevent you from getting one.
8. Eat all vegetable and fruits as they provide essential nutrients for your eye's health
9. Wash your hands regularly and specially before touching your eyes. This will prevent eye infections
10. Inform your parents or teachers regarding any eye problems you may be facing immediately



### Don'ts

1. Don't use the television, mobile, computer or tablets for more than 1 hour at a stretch unless absolutely necessary

2. Don't watch mobile, computer or tablet in a darkened room. Have adequate room light.

3. While reading or working on computer for long time don't keep it above your eye level.

4. Don't tease you friend if he / she wears spectacles. It is necessary for him/ her to be able to see clearly.



5. Don't play with bow and arrows, stones, guns with bullets or pellets or any other game which can injure your or your friend's eyes

6. Don't play with unknown or harmful chemicals. They can cause severe burns to the eye

7. Don't use any medicines in the eye without a proper doctor's prescription

8. Don't use any household remedies like fruit or vegetable juices in the eye

9. Don't eat too much of junk food / fast food.

10. For children in higher classes, don't share a friend's cosmetic contact lenses

### **For parents:**

1. Note if your child is bending very close to the book while reading or goes very close to computer or TV screen to see. It may be because he/she cannot see clearly.

2. If you see squinting of your child's eyes; either constantly or intermittently; it may be a sign of poor vision warranting an eye test by an Ophthalmologist (not optician).

3. Do you see any unusual white spots in your child's eye? It definitely needs to be examined by an Ophthalmologist as soon as possible.

4. Inculcate healthy eating habits in terms of timing, amount and content of the meals.

5. Ensure that your child spends adequate time doing outdoor activities.

6. Keep sharp objects/ harmful chemicals like phenyl, Dettol out of child's reach specially for younger children. These can cause severe eye injuries
7. Keep a track of important eye problems in your family members. Some of them can be hereditary and be passed on to a child.
8. Schedule regular eye examinations for your child with an ophthalmologist. Ensure that you follow his/her instructions regarding glasses, medication or future follow ups diligently.
9. Wearing glasses is not a taboo or social stigma. It is important for your child's eye health and overall development which in turn is far more important than what others might think.
10. Don't try to self-diagnose and/or self-medicate your child's eye condition. It is always better to seek help of an Ophthalmologist.



## **For Teachers:**

1. Is your student lagging in classwork or his/her grades have deteriorated? This may be because he / she cannot see well.
2. Does the student narrow down his/her eyes while copying things from blackboard or makes frequent mistake in doing so? This may be due to a glass power.
3. Do you see a student's eye squinting or not appearing straight? This requires proper evaluation by an Ophthalmologist.
4. Make the students aware about safety precautions while working with chemicals in science laboratories. If possible, a protective eye wear should be allowed while working in the laboratories.
5. It is important to monitor younger children while doing activities like art and craft which involves usage of potentially harmful materials like scissors, paints, glue and pointed brushes.
6. For class teachers; have a list of children who have been prescribed spectacles and ensure that they wear them throughout their time in school. A system of "Spectacle Buddy" can be initiated where a child ensures that his / her buddy is using the glasses regularly.
7. If a child has red eyes, it may be a contagious conjunctivitis. In this situation it is important to make the child and/her his friends aware that the infection may spread by touching or sharing lunchboxes / napkins. It is better to exempt this child from school that day to get an opinion from an Ophthalmologist.

Dr. Abhishek Hoshing, Consultant, Ophthalmology, Apollo Hospitals, Navi Mumbai

# **HELPLINE NUMBERS**

**Navi Mumbai Municipal Corporation**

**Help Line 2756 7067 /8**

**Police - 100**

**Fire - 101**

**Ambulance - 108**

**Women Helpline - 1090**

**Child Helpline - 1098**