

Discover 99+ ways to assist your child in growing up happy

Inspired by happy growing children, we bring you some of the 99+ ways you can choose to assist your child in growing up happy. Growing up happy starts in the tummy and grows from there! Because when your child feels right, you can enjoy every stage of them growing up happy.



WAY #1

Golden Hour

An e-mail here, an InstaStory there... coping in a fast-paced world means we get easily distracted and lose track of how much quality time we are spending with our kids.

If this sounds familiar, we suggest introducing our "golden hour" into your daily routine, where you set aside one hour of time, dedicating it to engaging with your little one, either through play or other activities. Switch your electronic devices off, forget about your work and try to relax and enjoy!

Did you know that spending quality time with your little one can strengthen your relationship while stimulating their emotional, language, social, cognitive and motor skills? Finding or scheduling a golden hour in your day may be challenging, but it will mean so much to your child. A little effort from you can go a long way!

By introducing this dedicated time for your child daily, you will create a space for precious quality moments. So... phones off. Let's turn Play Mode on!

- Let your child choose what they want to play or do and encourage their choice.
- Try to promote physical activity and outdoor play as much as possible to stimulate physical and cognitive development.
- Talk to your little one while you are playing to stimulate language development.
- And as always, show your love, be attentive and responsive.

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WAY #8

'No' mean 'No'

At times you might find it hard to find the right balance between being fun and implementing limits and boundaries. Even though you love your child unconditionally, discipline is necessary for your little one's stable growth.

Your child needs rules and boundaries to feel safe and secure and it also helps them learn to manage different situations. A warm and supportive environment, with clear rules and boundaries fosters happy and healthy growth.

While you know that establishing and maintaining rules at home is important, it is often challenging to say 'No' and remain consistent... so here are a few tips to make it easier:

- Keep it simple. Too many rules are confusing for the whole family.
- Set a few clear, realistic rules and respect them yourself. For example: no sugar after brushing teeth; we all eat at the table; we don't raise our voices at each other.
- Repeat to your little one that you love them unconditionally, but rules must be respected.
- Remain consistent, no matter how challenging it might be (no means NO and stays NO – be strong!).
- Explain in a simple way the WHY of every rule or decision you make. With time this will help your child understand

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Veggie stories? I'm all ears!

Do you know how superheroes are made? Just add Super, Mr. or Ms. to any vegetable name and there you go! A great new story to tell your child to make them love veggies! You're not the only parent worrying about your child not eating vegetables. Most parents do. And while it's not easy to get your little one to start enjoying their veggies, it's not impossible either.



WAY #20

Telling your little one exciting stories about "unpopular foods" like veggies will allow the child to become familiar with them, and it increases the likelihood of your child accepting and eating them.

So, let's take it one step at a time to cleverly make them love veggies... for life we hope:

- Invent an exciting story where the superhero character loves vegetables. The character could be a cartoon, an animal or a real person.
- Conjure up some adventures the superhero goes on: include activities that your child enjoys e.g. kicking a ball, swimming or playing with a sibling.
- End the story with the superhero enjoying his vegetables... having a second helping too! When the superhero is hungry, he washes his hands, sits at the table and eats his healthy meal with LOTS of veggies (the ones your child refuses to eat!).

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WAY #32

Let's get those little muscles moving!

Whether you are chasing the family's puppy, leading an intergalactic mission or running races, encourage your child to be physically active. Anywhere is the best playground!

Physical play has a positive impact on your little one's development and it has a positive impact on their self-esteem, mood, well-being and happy growth...

- There's a world of possibilities to stay active: games, sports, dancing, hiking and outdoor playing. These activities will have a beneficial impact on your mood too, Mom!
- Would you like to motivate your child further? Let them choose either a game, sport or an activity they already enjoy, even if this is something that they already do all the time.
- Set a good example for your child to follow. Initiate physical play or join in their physical play even if the activity is not what you normally like!
- Be encouraging even if your child is not proficient at the activity.



WAY #51

Hey little DJ, turn the music on!

While musical tastes might differ - daddy listening to a good rock concert and mommy listening to her jazz, music plays a central part in everyone's life and culture... and especially for your child. The super combo of music and dance has great benefits! So, turn on the radio and invite the family to join the party!

Playing music strengthens the bond between yourself, your family members. It also stimulates your little one's emotional, social and motor skills, thus boosting their well-being and happy growth!

There are many ways to ignite your child's musical appreciation:

- Play different kinds of music – everyone in the family can contribute with their favourite playlist!
- Pay attention to the music that your little one likes and play it often.
- Repeat the movements that your child makes and exaggerate them.
- Make it fun, sing loudly, move and laugh a lot.
- These can be fun family moments to remember forever so invite the whole family to join. The more, the merrier!

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WAY #17

On the way to Master Chef

Cooking can be so much fun for a child... and what a playful way to introduce ingredients to your little one! They can use them and make a dish of their own – woah! – and to learn a healthy approach to food. Who knows, the result might even be scrumptious! They may also discover a new passion and maybe even a future profession!

Cooking or baking together is a fun bonding activity that helps your child to get familiar with new foods. Little ones are also more likely to taste meals that they have proudly created themselves. Establishing healthy eating habits and a strong bond and trust with your little one is essential for their healthy and happy growth.

A few tips on cooking with your kid:

- Choose very simple and fast recipes (at their age, patience is not a child's strength).
- When possible, go together to shop for ingredients or pick them from the garden.
- Let your kid choose what goes on the plate (healthy options).
- Use this time together to engage verbally: explain what you are doing and why.
- Remember to praise them for a good job and for helping you.
- Enjoy a family dinner together at the family table.
- Show how you, and the whole family, enjoy the meal – let me hear that 'yummy'!

The next step is Master Chef!

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WAY #41

Once upon a time ...



Build a blanket fort with cosy blankets and snuggle in it with your child... It's story-time! Reading picture books together has plenty of benefits for your little one but letting them choose the picture book and which page to start on is even more beneficial.

Discovering the vast universe of books can work wonders: from long-term emotional and cognitive benefits, developing focus and concentration to stimulating language development, thereby ensuring happy and healthy growth.

Here are some steps to introduce reading as a fun activity:

- Look at picture books together.
- Point out things and name them.
- Look out for what they're interested in and talk about it, providing more information.
- Play games, animate your face and make gestures. Do your best animal impressions, they will love it!
- They might want to start "reading" from the last page, because there is something at the very end. Don't stop them; in fact, give in to their demands.
- Choose a picture book over an electronic screen. The shared, interpersonal experience between you and your little one is so much better without a screen.
- When they are older and their ability for visual imagination evolves, they'll be able to follow a story without needing the pictures, although they'll still enjoy looking at them.
- Change it up as some children enjoy free storytelling while others like the predictability of hearing a story read out loud.

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WAY #13

When it's playtime, they are the boss!



At this age, around 3–5 years, your child should be the boss of one thing: playing! Give your child the choice of what to play. After all, they are the one exploring the world, so let them do it in their own way!

We might not realise it, but making their own decisions is a big milestone in a your little one's journey. Giving them total autonomy to choose will help to develop their identity and support healthy and happy growth.

The first step to help your child discover the world around them is to give them plenty of play time... A full-time dream job!

- Rather than showing them how to play, let them discover their own way!
- Pay attention to what they show an interest in. To fully fuel their creativity, give them suitable objects or toys to increase this interest.
- Every time they achieve something, turn it into an opportunity to praise them!
- Encourage them verbally. Use phrases such as: "You're building such a great house! So nice and cosy" or "Who is going to live in your house?" This will build their self-esteem and confidence in a constructive way.

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