



... for parents



2.4 KEEPING YOUR BATTERIES CHARGED

Taking care of yourself

Your child has taken part in an OFF-TRAIL workshop designed to **make them aware** of the **positive and negative impacts** of certain **lifestyle habits** on their well-being, and to **identify simple ways** of maintaining or improving these habits.

DID YOU KNOW?

Your child's lifestyle habits and the way they look after themselves have a major impact on their overall health, their readiness to learn, their concentration and memory, and how they manage their emotions and their stress. Parents also play a key role in their children's adoption of healthy lifestyle habits (Alloprof, 2019b; Naître et grandir, 2016e).

NOW IT'S UP TO YOU!

You can help your child by encouraging the whole family to adopt the following lifestyle habits (Alloprof, 2019b; Naître et grandir, 2016e):

- Get enough sleep (9 to 11 hours daily for children aged 6 to 13);
- Adopt a healthy diet, and exercise at least 60 minutes each day;
- Maintain healthy relationships with others;
- Take time for yourself, have fun and be kind;
- Practice mindfulness, relaxation and intentional breathing;
- Limit screen time to maximum 2 hours/day.

[To hear this content:](#)



[Find out more about the OFF-TRAIL program:](#)



Financial contribution from



Public Health Agency of Canada / Agence de la santé publique du Canada

Centre intégré de santé et de services sociaux de la Montérégie-Centre
Québec

UDS Université de Sherbrooke



Centre RBC d'expertise universitaire en santé mentale

August 2024



Text is under a [CC BY-NC 4.0](#) licence. Graphics designed under [PowerPoint content licence](#).

© [OFF-TRAIL program](#) by Centre RBC d'expertise universitaire en santé mentale (2025), Université de Sherbrooke.