

Curriculum Framework on Parent Education (Kindergarten)

Educational Talk: Recommendations on Sleep, Physical, Recreational Activities and Media Use

Instructor Guide

1. Objectives of the Session

By the end of the session, participants will be able to:

- a. Have the knowledge on recommended sleep duration and duration of physical activity, the importance of free play for kindergarten-aged children, as well as appropriate use of electronic devices;
- b. Review and/or modify the daily schedule and activities of kindergarten-aged children to promote healthy lifestyle;
- c. Develop the attitude that is essential to maintain a healthy lifestyle for kindergarten-aged children in order to facilitate optimal behaviour and learning in kindergarten-aged children.

2. Procedure (90 minutes in total)

Section	PPT Page No.	Time (min)	Objective	Content	Resources
1	Introduction	15	Introduce the main points of the session	<ul style="list-style-type: none"> • Instructor invites the participants to write down how much time their children involve in the following activities everyday: <ol style="list-style-type: none"> a. Sleeping b. Physical activities c. Free play d. Using electronic devices 	Blank paper, pens
2	Importance of sleep, physical activities and free play in kindergarten-aged children Slides 2-12	30	Allow participants to understand that optimal sleep duration, adequate physical activities and play time promote better behaviour and learning in kindergarten-aged children	<ul style="list-style-type: none"> • Instructor presents the importance of sleep, physical activities and free play to kindergarten-aged children. • Instructor presents the recommended sleep duration and physical activity duration based on international recommendations/guidelines. • Instructor presents health conditions that can affect sleep or physical activities. 	PPT slides

Section	PPT Page No.	Time (min)	Objective	Content	Resources
3	Importance of appropriate use of electronic devices Slides 13-16	10	Allow participants to understand the appropriate use of electronic devices	<ul style="list-style-type: none"> • Instructor presents the harm of unlimited/excessive use of electronic devices. • Instructor presents the recommended screen time for kindergarten-aged children based on international recommendations/guidelines. • Instructor also emphasises on needs to select educational programmes and using the devices together. 	PPT slides
4	Interactive session	30	Allow participants to follow up the issues learned from the lesson with children	<ul style="list-style-type: none"> • Instructor distributes blank timetables for participants to design child's daily activities. • Instructor distributes star charts – as incentives to correct problematic sleep habits/excessive screen time or to promote physical activities. • Participants can discuss in groups with instructors regarding the timetable that they have designed for their children. They can also get advice from instructors regarding tips on how to correct problematic sleep habits/excessive screen time. 	Sample timetable, stickers, star charts, pens
5	Conclusion Slides 17-18	5		<ul style="list-style-type: none"> • Summary • Q & A • Participants complete evaluation forms 	PPT slides

References:

- Eunice Kennedy Shriver National Institute of Child Health and Human Development (2019). *How much sleep do I need?* Retrieved from <https://www.nichd.nih.gov/health/topics/sleep/conditioninfo/how-much>
- Healthychildren.org (2019). *Healthy digital media use habits for babies, toddlers & preschoolers.* Retrieved from <https://healthychildren.org/English/family-life/Media/Pages/Healthy-Digital-Media-Use-Habits-for-Babies-Toddlers-Preschoolers.aspx>
- World Health Organization (2019). *Guidelines on physical activity, sedentary behavior and sleep for children under 5 years of age.* Retrieved from <https://apps.who.int/iris/bitstream/handle/10665/325147/WHO-NMH-PND-2019.4-eng.pdf>