



Keeping Your Child Healthy and Happy

At NG Hospital & Research Centre, understand that the health and happiness of your child are of utmost importance. Ensuring your child's well-being involves a combination of regular check-ups, a balanced diet, adequate physical activity, and a nurturing environment. Here are some essential tips to help keep your child healthy and happy:

Regular Check-Ups and Vaccinations

Regular pediatric check-ups are crucial for monitoring your child's growth and development. These visits allow healthcare professionals to detect any potential health issues early and provide necessary interventions. Additionally, keeping up with vaccinations protects your child from various preventable diseases.

Balanced Nutrition

A balanced diet is fundamental to a child's health. Incorporate a variety of fruits, vegetables, whole grains, and lean proteins into their meals. Avoid excessive sugar and processed foods, which can lead to obesity and other health problems.

Tip: Involve your children in meal planning and preparation to teach them about healthy eating habits.

Physical Activity

Physical activity is essential for a child's physical and mental development.

Encourage your child to participate in outdoor games, sports, or simple exercises like walking and biking. Physical activity helps in building strong bones, maintaining a healthy weight, and improving overall mood and behavior.

Tip: Limit screen time and promote outdoor play to ensure your child gets enough exercise.



TREATING YOUR
LITTLE ONES
WITH
UTMOST
CARE

FOR CONSULTATION
WITH CHILD SPECIALIST

Dr. Anu Kurian M.D., Paediatrics

BOOK YOUR APPOINTMENTS



0422 2595963 | 0422 3553555
986 575 5568

#NGCARES | Follow us on  
www.nghospitalscbe.com

Mental and Emotional Well-Being

A child's mental and emotional health is just as important as their physical health. Ensure they have a supportive and loving environment at home. Encourage open communication, where your child feels comfortable sharing their feelings and concerns.

Tip: Spend quality time with your child, listen to them, and provide reassurance and support.

Good Hygiene Practices

Teaching your child good hygiene practices can prevent many illnesses. Simple habits like washing hands before meals, brushing teeth twice a day, and regular bathing can make a significant difference in their overall health.

Tip: Make hygiene routines fun and educational to help your child understand their importance.

Adequate Sleep

Adequate sleep is vital for a child's growth and development. Ensure your child has a consistent sleep schedule and a comfortable sleeping environment. Lack of sleep can affect their mood, behavior, and overall health.

Tip: Establish a bedtime routine to help your child wind down and get a good night's sleep.

Educational and Social Development

Encourage activities that promote learning and social interaction. Reading, puzzles, and educational games can stimulate your child's mind. Additionally, social interactions with peers help in developing communication and social skills.

At NG HOSPITAL & RESEARCH CENTRE, dedicated to providing comprehensive pediatric care to ensure your child's health and happiness. team of experienced pediatricians and healthcare professionals is here to support you and your family every step of the way.

Credits: [NG HOSPITAL & RESEARCH CENTRE](#)