

Parents as Partners Conference

Workshop Session, B10

Room: 203B

Promoting Well-Being With 10-5-2-1-0

Mental Health and Well-Being Parent Partnership Committee

Establishing healthy habits early on in life is essential for a child's well-being. Caregivers and educators can help students achieve overall success in life by teaching and role modelling behaviors that will support healthy growth and development. Toronto Public Health promotes healthy behaviors in elementary schools through the Into Kids' Health 10-5-2-1-0 messages which encourages the following on a daily basis: 10 or more hours of sleep, 5 or more servings of vegetables and fruit, 2 hours or less of screen time, 1 hour or more of moderate to vigorous physical activity and 0 sugar-sweetened drinks. In this workshop, we will explore practical ways to foster these healthy habits in your family.

Didem Varol

Public Health Dietitian with Toronto Public Health

Email: Didem.Varol@toronto.ca

Didem Varol works as a Public Health Dietitian with Toronto Public Health. She is a Registered Dietitian with the College of Dietitians of Ontario. She has nine years of experience in public health, specializing in chronic disease prevention. She will be co-facilitating this workshop with a Registered Nurse.