



I AM TODAY'S  
**INDIAN CHILD**



# THE THREE PILLARS OF WORLD CLASS CITIZENSHIP



Academic  
Success



Good Character &  
Citizenship



Healthy  
Lifestyles

## ACADEMIC SUCCESS

- A healthy, happy school environment is top priority
- Stress on all-round development
- Do not get fixated by marks, grades, stars, etc.
- Academic success is not about being a topper / a 100 percenter
- Parents should beware of going overboard in their attempt to achieve a perfect child
- Do not translate your ambitions and insecurities onto your children
- Teachers and parents must not indulge in favouritism





# GOOD CHARACTER AND CITIZENSHIP

1

*TRUSTWORTHINESS*

2

*RESPECT*

3

*RESPONSIBILITY*

4

*FAIRNESS*

5

*CARING*

6

*CITIZENSHIP*

## GOOD CITIZENSHIP

- 🎯 Cultivate a sense of belonging towards your:
  - ✔ Home
  - ✔ School
  - ✔ Neighbourhood
  - ✔ Roads, streets, parks, city, country and the world at large
- 🎯 Do not spit, litter or treat public spaces as toilets
- 🎯 Respect everyone around you
- 🎯 Respect the environment – conserve water and do not pollute soil, water or air

# COMPONENTS OF HEALTHY LIFESTYLES

- ✓ Physical Well-being & Preventive Healthcare
- ✓ Food & Nutrition
- ✓ Sports
- ✓ Healthy Habits
- ✓ Mental & Emotional Well-being - I
- ✓ Mental & Emotional Well-being - II
- ✓ Spiritual Health



## PHYSICAL WELL-BEING & PREVENTIVE HEALTHCARE

**A happy healthy child = A happy doctor**

- Regular visits to the pediatrician
- Prevention of injuries - I
- Prevention of injuries - II
- Safety from sexual predators
- Sleep hygiene
- Clothes and footwear







# REGULAR VISITS TO THE PEDIATRICIAN

- Don't use the doctor's name to instill fear in the child
- Teach the child that the doctor is a friend who helps her get well
- Injections and vaccines are not punishments
- Periodical eye and dental check-ups are also important
- Regular, scheduled visits to the doctor assure:
  - ✓ Early detection of disease
  - ✓ Prevention of disease
  - ✓ Promotion of good health
  - ✓ Anticipatory guidance

## PRINCIPLES OF PREVENTION OF INJURIES/ACCIDENTS - I

- Suffocation
- Child-proof caps on medicines and household poisons
- Child harness car seats
- Pedestrian skills training
- Bicycle helmets for older children
- Swimming under close supervision in pools for children
- Using hot water under supervision
- Removal of firearms from homes

# PRINCIPLES OF PREVENTION OF INJURIES/ACCIDENTS – II

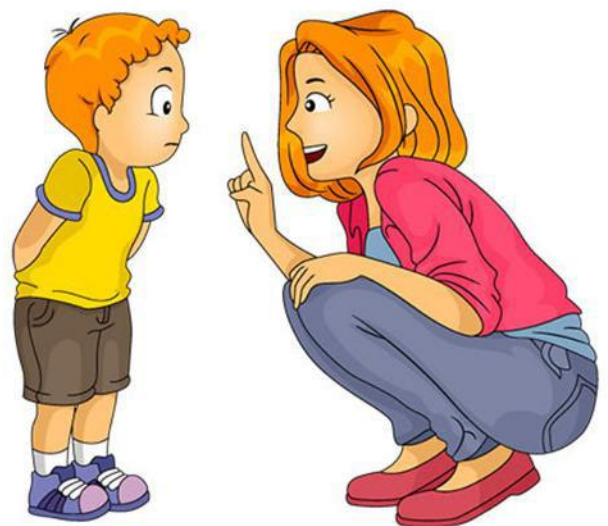
## OBEY TRAFFIC RULES

- Do not drive without a helmet to drop your child to school
- Do not triple ride on a scooter with a child in front
- Do not drive without fastening the seat belt
- Stop at red lights
- Cross the road only at zebra crossings
- Do not drink and drive



## CHILD SAFETY FROM SEXUAL PREDATORS

- Both the girl child and the boy child need to be protected against sexual abuse
- Do not leave young children alone with drivers or domestic help (male domestic help incase of the girl child)
- Be wary of over-friendly adolescents/strangers/adults/family friends
- Teach children about good touch, bad touch and friendly touch
- Teach children that private parts can only be seen and examined by parents or the doctor







## BASIC PRINCIPLES OF SLEEP HYGIENE

- Have a set bed time and bed time routine for your child
- Bed time and wake up time should be the same on school and non-school days. There should not be more than an hour's difference from one day to another
- Make the hour before bed shared quiet time. Avoid high energy activities such as rough play and stimulating activities like watching television or playing computer games before sleeping
- Don't send your child to bed hungry (give a light snack such as milk and cookies)
- Avoid products containing caffeine, tea, chocolates, caffeinated sodas several hours before bed time
- Make sure your child spends time outside everyday – regular exercise
- Keep your child's bedroom quiet and dark
- Keep your child's bedroom well-ventilated and the temperature comfortable
- Don't use your child's bed room for time out or punishment
- Keep TV sets out of your child's bed room

## CLOTHES & FOOTWEAR

- Clothes should be :
  - Comfortable, weather-friendly, smart
  - Non-inflammable
  - Age-appropriate
  - Activity-appropriate
- Avoid flimsy, flowing garments for girls
- Boys must wear underwear beneath shorts/pants to prevent zip injuries to private parts

- Footwear should be :
  - Comfortable, well-fitting
  - Without heels
  - Activity-appropriate

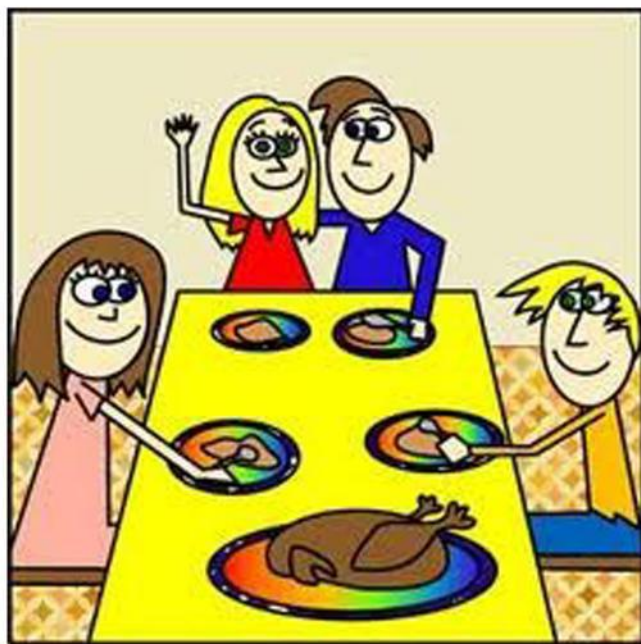


# FOOD & NUTRITION



## ▶ THE FOOD PYRAMID FOR CHILDREN





## THUMB RULES OF FOOD MANAGEMENT



**3 MEALS**  
**AND**  
**2 SNACKS**  
**A DAY**

# 3 HEALTHY TASTY MEALS

- Vegetarian or Non-Vegetarian is immaterial
- No force feeding
- Two chapattis are not important
- Meal times should be happy times
- Children should look forward to meal times

## BREAKFAST IDEAS :

- Idlis, daal/besan chilla, egg and toast/egg and roti, parantha and paneer/egg, sprouts

## LUNCH AND DINNER IDEAS :

- Daal/egg/non-veg/paneer, seasonal green vegetables, yogurt, salad, roti/rice and a dessert

# SNACKING



- Whole wheat kathi rolls (veg/non-veg/paneer)
- Multi-grain bread sandwiches
- Poha, upma
- Bhel puri
- Vegetable/paneer/cheese cutlets/pakodas
- Fruit salads/chats
- Dahi bhallas
- Nimbu paani, lassi, coconut water, fruit smoothies, milk shakes
- Idlis, dosas, vadas



- Instant noodles
- Ready-to-eat pastas
- Maida cookies/biscuits
- Chips, wafers
- Burgers
- Pizzas
- French fries
- Aerated drinks
- Fruit-flavoured or packaged fruit drinks
- Ice lollies
- Samosas
- White bread



# FOOD HYGIENE



## The Milk Dilemma



- How important is milk?
- How much?
- In what form?
- How frequently?
- Milk supplements?
- Sugar?
- Hot or cold?
- Milk as a part of food
- Benefits of milk
- Allergies to milk



# SPORTS: THE MANTRA FOR HOLISTIC HEALTH

Team Sports teach your child to :

- Struggle
- Survive
- Share
- Care
- Fight
- Fair play

Sports build :

- Struggle
- Survive
- Share
- Care
- Fight
- Fair play

Yoga is good for your child

Sports help work off the excess energy of hyperactive children



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Healthy Habits  
Happy Homes



# HEALTHY HABITS

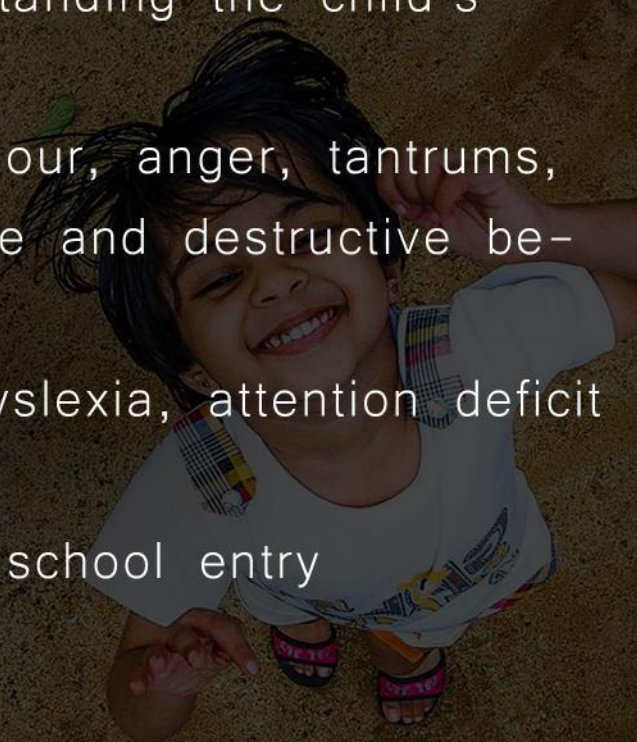
- Keep your surroundings clean (room, house, classroom, playground)
- Do not litter
- Reading
- Eat healthy, enjoy junk food once in a while
- Respect elders
- Keep your body clean
- Wash hands before and after eating
- Wash hands after using the toilet
- Cover your mouth and nose while coughing/sneezing
- Brush your teeth twice a day

## MENTAL & EMOTIONAL WELL-BEING - I

- Lead by example
- The inconsequent lie
- Abusing and abusive parents
- Expensive gadgets, toys to placate the child and the guilt syndrome
- Quality and quantity time for children
- Reward and punishment

# MENTAL & EMOTIONAL WELL-BEING - II

- The Perfect Child – understanding the child's strengths and weaknesses
- Coping with introvert behaviour, anger, tantrums, aggression, physical violence and destructive behaviour
- Awareness about autism, dyslexia, attention deficit disorder, anxiety disorder
- Separation from parents at school entry
- TV and children
- The single child syndrome
- Sibling rivalry



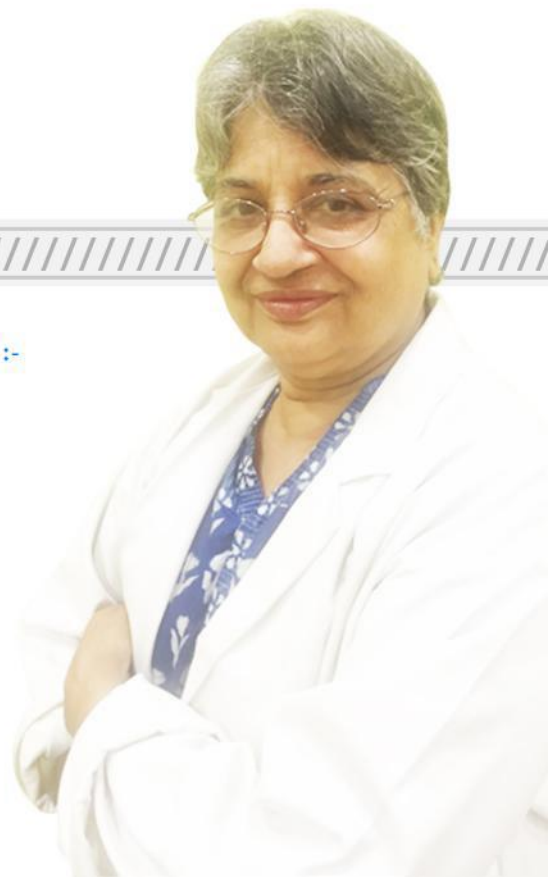
## SPIRITUAL HEALTH

- Human beings are mind, body and spirit inter-connected
- Spiritual health encompasses:
  - Unconditional love
  - Joy
  - Faith
  - Hope
  - Forgiveness
  - Optimism
- Spiritual health does not refer to religion
  - Although many religions incorporate spiritual practices in their systems of belief





# Thank You



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