

Child's wings of well-being

REGULAR ROUTINES

Familiar routines bring me security.

NUTRITION

I am learning to taste new flavors.

I eat together with my family.

HYGIENE AND ORAL HEALTH

Washing up and clean clothes
are important to me.

My teeth are healthy, when they are cleaned
every morning and evening.

PHYSICAL ACTIVITY AND REST

I get enough rest.

I spend time outdoors and
exercise every day.

FEELING SAFE

I get affection and closeness.

I am learning emotional skills
together with an adult.

I feel safe being in
a different environments.

INDIVIDUALITY

I am unique and i am proud of myself.

I get to grow up at my own pace.

I get help when i need it.

PLAY AND SCREEN TIME

I have max 1h/day screen time.

I learn new things by playing,
moving and reading.

Playing with others teaches
me interaction skills.