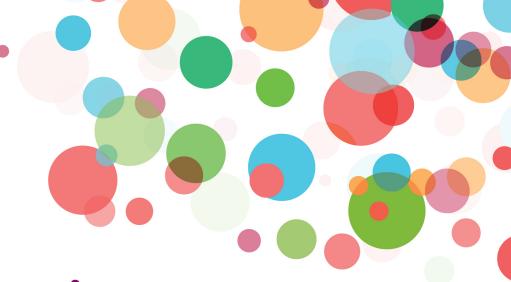
Lancashire Early Years Service



Healthy routines



1. Sleep



2. Physical activity



3. Go outdoors



4. Healthy food



5. Stay hydrated



6. Keep clean



7. Chat, play, read



8. Time together



Scan the QR code for further information and ideas

