

To Beppu Citizens

To keep your child healthy, keeping good habits is important. Make sure they eat and exercise as follows:



Exercise

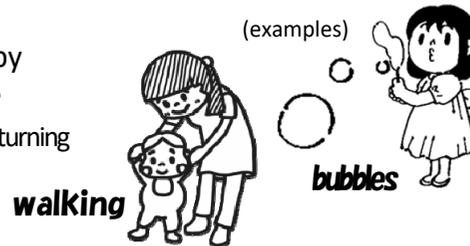
When choosing places to exercise:

- go somewhere with good ventilation
- avoid crowded places

Playing Outside

Help keep your body healthy by spending time in the sunshine

Make sure to wash your hands after returning home!



Playing at Home

Games that allow the most physical contact with your child.



Playing while Helping Around the House

For any children over the age of 2

Important points:

- watch them carefully
- praise them even if they don't do things perfectly



♪ Use this opportunity to spend meaningful time together ♪

It seems that children may feel anxious about the novel coronavirus, and may be becoming more stressed in the current unusual situation.

Please feel free to contact us if you have any concerns.
Beppu City Health Promotion Division

Food



Take note of the following information on a regular basis, not only to prevent infectious diseases, but to help your child develop good eating habits!

Boost body temperature and immune system with a good breakfast!

Eating breakfast increases body temperature and boosts immunity. The best way to heat your body efficiently is to combine rice and miso soup!

Make sure to chew your food properly!

Eat a good balance of staple foods, main dishes and side dishes ♪

Staple foods



Rice, bread, noodles, etc.

Main dishes



Meat, fish, eggs, soy products etc.

Side dishes



Miso soup, salad etc.

Time, quantity and type of snacks are important!

Time : Decide on a time, such as 3pm, and adjust to fit the daily rhythm

Quantity : A small amount which won't affect the basic three daily meals.

Type : Anything that provides energy, vitamins and minerals.

Eg. Onigiri, sweet potatoes, fruit, dairy products.



Basic Infection Prevention methods:

- ① washing hands often and thoroughly (for at least 20 seconds) with soap
- ② wearing masks in crowded places
- ③ eating well-balanced and nutritious meals
- ④ making sure you get enough sleep

Contact: Beppu City Health Promotion Division Tel. 0977-21-1117