We asked PRE-SCHOOL CHILDREN in Roscommon WHAT THEY NEED TO BE Happy & Healthy
THIS IS WHAT THEY SAID...

HAPPY & HEALTHY
Volcano

SOMETIMES
TREATS
SCREEN TIME
eating sweets
WE DON’T NEED THESE OFTEN TO BE HAPPY & HEALTHY

OFTEN
Playing inside & Outside
Jumping in Puddles
Exploring
HAVING Bubble Baths

ALWAYS
Drinking Water
Spending time with Mammy & Daddy
Hugs
Eating fresh Fruit & Veg
Sleep
Brushing Teeth

This consultation process was undertaken with children attending a number of pre-schools in County Roscommon during 2017. These messages are intended to inform parents about what their pre-school aged children think will make them happier and healthier.

For information on fun family activities go to www.visitoscommon.com
For further information on this project please email caroline.duignan@tusla.ie