



# PURPOSEFUL PARENTING

## WATER INTAKE GUIDES

Warrior parents, ensuring your children maintain a daily intake of water is a non-negotiable aspect of their care. Hydration is the cornerstone of their vitality, supporting physical endurance, cognitive sharpness, and overall well-being. Optimal hydration is paramount for peak performance and resilience against their active daily activities.

Beyond the immediate demands of your legacy, teaching your children the importance of staying hydrated cultivates lifelong habits of self-care and health consciousness. Water intake regulates body temperature, aids digestion, and flushes out toxins, fortifying their bodies to meet the demands of their excitingly active lives.

By instilling the habit of regular hydration, you are empowering your children with the habit of caring for their bodies which are temples of the Lord.

AGE OF YOUR CHILD	RECOMMENDED AMOUNT OF WATER	
	WINTER	SUMMER
1 – 2 YEARS OLD	650 – 950 ml	850ml – 1 litre
3 – 4 YEARS OLD	1 litre	1 litre – 1.2 litres
5 – 8 YEARS OLD	1.1 – 1.3 litres	1.2 – 1.5 litres
9 – 13 YEARS OLD	1.3 – 1.4 litres	1.6 – 1.9 litres
14 – 18 YEARS OLD	1.5 – 1.7 litres	1.8 – 2.1 litres
MBA SELA (BONUS) INFO		
ADULT MEN	3 – 3.7 litres	
ADULT WOMEN	2 – 2.2 litres	
PREGNANT WOMEN	2.2 – 2.4 litres	
LACTATING WOMEN	2.4 – 2.6 litres	



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## SLEEP HOURS GUIDE

Warrior parents, in today's everyday demands, ensuring your children receive adequate sleep is more than just responsible parenting. Sleep is not merely a biological necessity but a critical component of mental and physical well-being. It fosters growth, cognitive development, and emotional stability. These are essential for children navigating the complexities of their identity. Adequate rest enables optimal performance, in every one of your child's pursuits.

Adequate sleep fortifies the immune system, safeguarding against the adventures of their curious minds. Prioritising sleep instils discipline and self-care habits early on, crucial traits for future leaders.

For warrior parents, protecting your children's sleep is not just about health; it's a testament to your commitment to nurturing balanced, resilient individuals who can thrive in the spotlight and the shadows.

AGE OF YOUR CHILD	RECOMMENDED DAILY AMOUNT OF SLEEP
4 – 12 MONTHS	12 – 16 hours (including naps)
1 – 2 YEARS OLD	11 – 14 hours (including naps)
3 – 4 YEARS OLD	10 – 13 hours (including naps)
5 – 8 YEARS OLD	9 – 12 hours
9 – 13 YEARS OLD	12 – 16 hours
14 – 18 YEARS OLD	8 – 10 hours
MBA SELA (BONUS) INFO	
ADULTS	7 – 9 hours



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## SCREEN TIME GUIDES

Warrior parents, you carry a legacy that extends beyond battlefields. While your bravery is commendable, your influence on your children's upbringing is invaluable. Monitoring screen time and engaging in conversation, play, and reading are crucial for nurturing well-rounded individuals. Beyond the allure of screens, children need grounding in reality, social skills, and cognitive development. Screen time moderation ensures a balanced lifestyle, safeguarding against the pitfalls of excessive virtual engagement.

Meaningful conversations foster emotional intelligence and familial bonds, imparting wisdom beyond academic recognition. Play stimulates creativity, problem-solving, and teamwork, essential skills for navigating life's challenges. Reading ignites imagination and cultivates knowledge, empowering future leaders to wield intellect alongside strength. As warrior parents, investing time in these activities ensures your children's holistic development and preserves your legacy beyond the battlefield.

**Note:** These screen times include any activity done by use of a screen (cartoons, video games, mobile phone use, computer use, tablet use, DS and other handheld games)

AGE OF YOUR CHILD	RECOMMENDED SCREEN TIME	
	WEEKDAYS	WEEKENDS
3-9 MONTHS	No screens. Engage your baby with music, singing, outdoor walks and story time.	
9 – 12 MONTHS	30 – 45 minutes of screen time (educational and musical)	
1 – 2 YEARS OLD	45 minutes	60 minutes (1 hour)
3 – 4 YEARS OLD	1 hour	1.5 – 2 hours
5 – 8 YEARS OLD	1 – 1.5 hours	1.5 – 2.5 hours
9 – 12 YEARS OLD	1.5 – 2.5 hours	2.5 – 3.5 hours
13 – 14 YEARS OLD	2 – 2.5 hours	2.5 – 4 hours
15 YEARS OLD +	3 – 4 hours	4 – 6 hours

**Mobile phones for teens:** It is advised that mobile phones only be given to teens 15 years old and above. At this stage, certain ground rules must be put in place to continue to protect and guide your teenagers.

**Suggested guidelines:** No mobile phone use before school. At school follow school rules about phones. No mobile phones at the dinner table, while doing homework or during family time. No mobile phone/screen use in their bedrooms overnight or while driving.