

## 5. Love

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Helle Heckmann says, "Without love we cannot live." Children love their parents and no one can take their place. When parents love their children, they accept responsibility for them and know what is best for them. Love is the ability to give yourself and parents should be courageous in loving their children..



## Helle Heckman

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Helle Heckmann is a child development specialist. She has worked with young children for over 30 years. She discusses the essential needs of children and shares practical advice to teachers and parents of young children.

Parents and caregivers of young children must always focus on the basic needs of young children, "The 5 Golden Keys".

For more information please visits Heckmann's website is <http://slowparenting.dk/>

## *5 Golden Keys to a better future*

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*Child development ideas from Helle Heckmann*



## 1. Movement

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Movement allows children to gain control of their bodies. It is the basis of all future learning. As children move, their brain is changed and they become smarter. Walking, jumping, running as well as moving toys with their hands are all important. Make sure to allow your children to move. They should not be expected to sit still until they are in higher grades in school.

## 2. Sleep

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Sleep is an essential part of good physical and mental health. It refreshes the body. Young children should sleep about 10–13 hours daily. Sleep has a special rhythm. To encourage good sleep, parents must teach children sleep routines and provide a snug place to sleep.



## 3. Routines or rhythm

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Routines provide comfort and safety for young children. A child is happiest when each day follows the same routine. A child's favorite place to be is his home. The day at home has a beginning, middle and end just like a good story. Parents must protect the child's daily routine. When parents provide routine, children will have good self-regulation skills and be more successful in school and in life.

## 4. Nutrition

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Good food is essential to growing up healthy. It is a parent's responsibility to make sure good food is served everyday. In addition to the quality of the food, children feel better about their food when they help to prepare and serve it. When they are old enough, children can wash fruits and vegetables, set the table and help with dish washing. Sitting down for a meal together is one of the oldest ways in which children and parents have secure attachments.

