

# Healthy breaks for pre-school children

A guide for parents



HSC Public Health  
Agency

school  
food

## Healthy breaks for pre-school children leaflet (English and Irish translation)

Leaflet for parents explaining why a healthy break is so important for pre-school children and some tips and ideas for healthy nutritious breaks.

Please note the translation is of an earlier version.

Published

10 September 2025

Last reviewed

11 September 2025

## Details

Format

A5 leaflet

Target group

Parents

## Downloads

| Attachment   | Size      |
|--|-----------|
| <a href="#">Healthy Breaks for Pre-school.pdf</a>                        | 619 KB    |
| <a href="#">Healthy Breaks for Pre-school A5 Leaflet IRISH 07_18.pdf</a> | 408.29 KB |

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