IMPORTANT TIPS TO KEEP YOUR CHILD HEALTHY:

• Be active with your child every day.

• Offer healthy snacks like fruit, yogurt, or dry cereal instead of chips, cookies, or cakes. It is best to offer snacks when your child is seated.

• Offer water, juice, or milk to drink instead of Kool-Aid, soda, or sweet drinks. Make sure your child drinks water throughout the day.

• Find ways other than food to comfort or reward your child.

• Enjoy spending time with your family by eating meals together.

CHOKING HAZARDS

Teach your child that it isn’t safe to run with things in his or her mouth—teething rings, suckers, or toys. When your child puts something in his or her mouth that doesn’t belong, such as a coin, pencil, or peanut, take it away and explain, “Do not put this in your mouth. It might get stuck in your throat and hurt you.”
Be a role model: play with your child every day.

Is your child getting enough daily activity? If not, what are some games or activities you would like to try with your child?

**HOW CAN I MAKE ACTIVITY FUN AND ENCOURAGE MY CHILD TO PLAY?**

Enjoy spending time outside with your child. Find activities you both enjoy.

Encourage your child to play outside every day.

Arrange playgroups so your child can play with other children.

Have in mind rainy day games for those days you cannot play outside.

**OUTSIDE GAMES FOR YOU AND YOUR CHILD:**

Hide and seek
Leapfrog
Jump rope
Hopscotch
Rolling/kicking a ball

**OUTDOOR GAMES:**

Find activities you both enjoy.

Enjoy spending time outside with your child.

Arrange playgroups so your child can play with other children.

Have in mind rainy day games for those days you cannot play outside.

**KEEP YOUR CHILD HEALTHY.**

Being overweight in childhood can lead to other health problems, like high blood pressure and diabetes. Even if others in your household are overweight, your child can grow to be a normal weight and size if you help him.

The more TV children watch before the age of 3, the likelier they are to have attention problems at age 7. The American Academy of Pediatrics recommends that children under 2 not watch TV. For children over 2, limit this time to less than two hours per day.

**INDOOR GAMES:**

Dance to music
Simon says
Hide and seek
Hop like a rabbit
Gallop like a horse
Roll like a ball

Watching too much TV, playing video games, or sitting around the house can be unhealthy.