

Healthy Habits: Ideas for Families with Young Children

Make 5-2-1-0 your goal; here are some activities to get you started.

EAT MORE COLORS

Goal: Aim for 5 fruits and vegetables a day

- Try one new vegetable or fruit each week
- Add fruit to your child's cereal
- Make a rainbow of vegetables and fruits on your child's plate
- Try veggies right out of the can or freezer bag for a quick and healthy snack



TURN IT OFF!

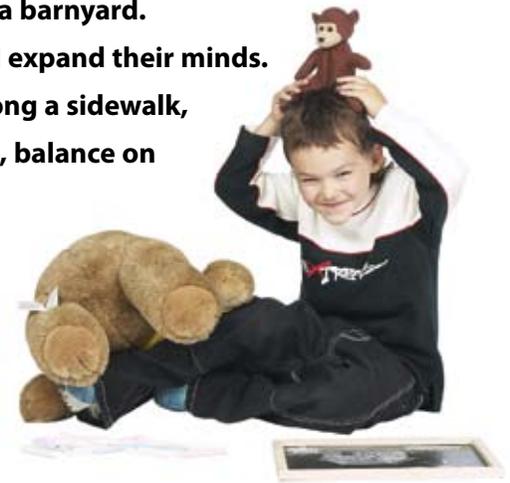
Goal: Aim for less than 2 hours of screen time a day (no screen time for children under age 2)

- Read a story (and then act it out)
- Visit the library—walk there if you can!
- Turn up the volume and dance to your favorite music
- Plan for TV time, pick the programs, set and stick to your limits.

MOVE MORE

Goal: Aim for at least 1 hour of activity each day

- Toddlers love to follow the leader—especially when you're the leader! Hop like a bunny, jump like a frog, stomp your feet, clap your hands. If you are active, your child will be too.
- Play outside! Go on a bear hunt, take teddy bear on a picnic, visit a barnyard.
- Preschoolers like activities that use large and small muscles—and expand their minds. Play with your child. You'll enjoy spending time together. Skip along a sidewalk, somersault down a hill, dribble a ball with feet or hands bat a ball, balance on a low beam, climb a jungle gym, or toss a Frisbee
- Take the dog for a walk—borrow your neighbor's if you need to



CHOOSE YOUR DRINK

Goal: Aim for 0 sugar-sweetened drinks

- Offer water when your child is thirsty
- Limit juice consumption (use 100% juice in a child size cup)
- Drink non-fat or low-fat milk (for children over age 2)

MORE IDEAS!

- Eat family meals as often as possible
- Involve children in choosing vegetables, preparing meals, and setting the table
- You decide what, when and where meals and snacks are eaten—let your child decide how much
- Limit eating out at fast food places and pack your own "grab and go" food

Healthy Habits : Ideas for Families with School Age Children

Make 5-2-1-0 your goal; here are some activities to get you started.

Choose an activity that will help you move toward one or more of the goals listed below

EAT MORE COLORS

Goal: Aim for 5 fruits and vegetables a day

- Try one new vegetable or fruit each week
- Add fruit to your cereal
- Eat vegetables and fruits that are different colors
- Try cut up veggies and dip for a healthy snack



TURN IT OFF!

Goal: Aim for less than 2 hours of screen time a day

- Take the TV out of the bedroom
- Pick one day a week for game night instead of watching TV
- Plan TV, computer, and game time each day



MOVE MORE

Goal: Aim for at least 1 hour of activity each day

- Play your favorite sport or choose a favorite physical activity (ride bikes, play tag)
- Walk or bike to school if you can
- Take the dog for a walk
- Use the stairs

CHOOSE YOUR DRINK

Goal: Aim for 0 sugar-sweetened drinks

- Switch from soda to water or seltzer
- Limit juice consumption (use the tiny glasses!)
- Drink non-fat or low-fat milk



MORE IDEAS!

- Eat meals together at least once a week
- Learn about portion sizes
- Get everyone involved in preparing meals
- Take the farthest spot in the parking lot
- Eat breakfast daily
- Limit eating out at restaurants, especially fast food places



Staying Active As a Family

Keep a family log and set a goal to achieve a set number of hours of activity. When you reach your goal, celebrate your success with a family movie night or go bowling.

- Visit your elementary school's playground or local park for unstructured fun; walk if possible
- Take a bike ride together around the neighborhood or visit a bike path; don't forget the helmets
- Build a fort inside using chairs, blankets, boxes, and watch your child's imagination take off
- Plan a scavenger hunt and roam your yard looking for common things found in your house or yard
- Set up the sprinkler on a hot day and take turns running around the yard and through the cooling mist
- Wash the family car
- Grab some old pillow cases and have sack races outside
- Play organized school yard games – tag, kickball, dodgeball or four square
- Explore the natural surroundings by taking a hike or walk through woods; take your time and see what animals, birds, or insects you can find
- In the fall, rake leaves together; if you don't have any leaves in your yard, head to the woods to collect interesting leaves
- Start a family garden and plant your favorite flowers or vegetables; be sure to tend to it weekly
- Plan a treasure hunt
- Participate in an open gym at a local fitness center or school gymnasium
- Have a dance party – turn on your favorite music and see who has the best moves
- Look at your local parks and rec department to find free or low cost recreation programs or sports leagues
- Get the family involved in cleaning the house – think of chores that require physical effort
- Take a family walk after dinner
- Make a Saturday morning walk a weekly habit
- Celebrate special occasions and holidays with activities
- Have a jump rope or hula hoop competition
- For more ideas of kid-friendly fun happening in your area, check out Find and Go Seek Vermont @ www.findandgoseek.net