

# Make Breakfast Count!

Get on the right track. Start the day with a healthy breakfast.

Kids who eat breakfast are generally healthier and perform better than kids who don't eat breakfast.

## ENCOURAGE CHILDREN TO EAT BREAKFAST BY:

- **Giving them control.** Offer a variety of choices throughout the week.
- **Giving them a little time.** Children may not want to eat right when they wake up. Try again in 30 minutes.
- **Letting them help.** Allow them to measure, mix and pour.

## BREAKFAST ON THE GO!

- **Yogurt Parfait:** Add whole grain cereal and fresh fruit to yogurt.
- **Fruit Roll-Up:** Spread cream cheese over a whole grain tortilla. Add sliced fruit and roll tight.
- **Banana Dog:** Spread peanut butter\* or cream cheese on a whole wheat hot dog bun. Add a banana.
- **Fruit Smoothies:** Blend frozen fruit with low-fat or fat-free milk or yogurt.
- **Bagel Sandwich:** Spread cream cheese on a whole wheat mini bagel. Add a slice or two of turkey or ham to make a sandwich.

*\*Choking hazard for children under 4 years old*



## GRAB AND GO!

- Fresh fruit
- Fruit cups (packed in 100% juice or water)
- Fruit and/or vegetable squeeze pouches
- Presliced veggies\*
- String cheese\*
- Whole grain low-sugar cereals
- Whole grain crackers
- Unflavored milk

# Breastfeeding Welcome Here

**Breastfeeding helps mom and baby get off to the right start.**

If 90% of U.S. women breastfed exclusively for 6 months, almost 1,000 infant deaths could possibly be prevented each year.\*

## **HEALTH BENEFITS FOR BABY & MOM:**

Breastfed babies have a lower risk of:

- Respiratory infections
- Asthma
- Obesity
- Type 2 diabetes

Mothers who breastfeed have a lower risk of:

- Postpartum depression
- Breast cancer
- Ovarian cancer
- Type 2 diabetes

## **COST SAVINGS**

- Breast milk is less expensive than formula, saving at least \$1,500 in the first year.
- A healthier baby means less time lost at work.

## **RESOURCES & SUPPORT:**

- La Leche League: 1-877-452-5324
- WIC: 1-800-755-4769
- Office on Women's Health: 1-800-994-9662



## **BREASTFEEDING RECOMMENDATIONS**

The American Academy of Pediatrics recommends exclusive breastfeeding for baby's first 6 months. Continue breastfeeding as baby starts eating solid foods through the first year of life or longer if mother and baby choose.

*\*According to a study by Bartick and Reinhold published in Pediatrics in 2010*

# Healthy Celebrations

Teach children to enjoy healthy foods and activities at celebrations.

## PARTY FOODS:

- Fresh strawberries with yogurt dip
- Fruit salad
- Thinly sliced cucumbers with hummus
- Whole grain crackers with cheese
- Turkey or ham roll-ups
- Baked whole grain tortilla chips and salsa
- Mini rice cakes
- Unflavored milk
- Water with sliced oranges, lemons, limes, berries or cucumbers

## PLAN ADDITIONAL ACTIVITIES:

- **Read a book** about the special event.
- **Play music** so the children can dance.
- **Lead a game** of Simon Says, freeze dance or charades.
- **Set up an obstacle course** for kids to play.
- **Decorate** special water cups.

**USE THIS CHART** to plan a variety of activities for your next celebration!

Book	
Music	
Physical Activity	
Craft	
Healthy Snack	
Unsweetened Beverage	



## PARTY TREATS FOR THE CLASSROOM

- Character plates and napkins
- Pencils
- Bookmarks
- Stickers
- Necklaces or leis
- Bubbles
- Chalk

# Cold Weather Fun!

Move together as a family. Go sledding or have a dance party!

Children need at least 60 minutes of physical activity each day.

## MOVE OUTDOORS:

- Go sledding
- Make snow angels
- Build a snowman
- Create snow creatures (dinosaurs, monkeys, elephants and more)
- Take a nature walk

## MOVE INDOORS:

- **Treasure Hunt:** Hide an item and place clues around the house. (Use picture cues for little ones and harder phrases for older children.)
- **Put on a Play:** Act out your child's favorite book, making movements to the story as you read it. Use dress up clothes for costumes.
- **Basketball:** Play basketball with a soft foam or sponge ball. The hoop can be any basket (either hung on the wall or resting on the floor). Have kids shoot from different parts of the room or in different ways.
- **Little Helpers:** Allow your child to help with chores such as vacuuming, dusting or sweeping - even if it takes longer than doing it by yourself.
- **Freeze Dance:** Play music and stop it without warning. The person who stops first or stops holding the funniest position wins that round.



*Adapted from Team Nutrition*

# Growing Great Tasters

Encourage children to try just “one bite.”

When being introduced to a new food, some children may need up to 20 chances to see or taste it before they like it. Trying new foods can lead to better health and nutrition.

## TAKE A TRIP TO A FARMERS MARKET OR COMMUNITY GARDEN.

- Talk to farmers about the food.
- Choose a new fruit and/or vegetable to try at home.
- Wash and prepare new foods together.
- Together, try at least “one bite.”

## FAMILY ACTIVITY

As a family, try a new fruit or vegetable every day for one week. Use the chart below to record each new food you try and how much you like it. Add one star to show you tried it. Add more stars to show how much you liked it!



I TRIED IT!	
MY NEW FOOD	TASTING ★★ ★

*Adapted from Team Nutrition*

# An Hour a Day to Play!

Children need at least 60 minutes of physical activity each day.

Try these ideas to get moving with your kids!

## ACTIVITIES FOR INFANTS:

- Play the Hokey Pokey, moving baby's arms and legs.
- Make sure they get tummy time to build strength.
- Work on balance by holding hands as they stand or walk.

## ACTIVITIES FOR TODDLERS AND PRESCHOOLERS:

- Play games like Ring Around the Rosy or Hide and Seek.
- Throw, kick or roll balls back and forth.
- Do chores together like sorting socks, vacuuming and sweeping.
- Take a walk outside to spot different things like flowers, buses and bikes.
- Take a walk to a store or playground.
- Turn on music and have a dance party.
- When going out, choose places where you can walk such as parks, farmers markets, community gardens or the zoo.



## ANIMALS!

Help children act out different animals such as:

- Horse
- Dog
- Cat
- Lion
- Seal
- Fish
- Butterfly
- Bird
- Monkey
- Duck
- Elephant
- Frog
- Bear
- Crab

# Take Time For Meals

Mealtimes are a great time to be a positive role model for children.

## **FAMILY-STYLE MEALS HELP CHILDREN GROW INTO HEALTHY EATERS.**

- Turn off or put away all electronic devices during mealtimes, including smart phones, tablets, computers, TVs and video games.
- Place food in bowls on the table and help children serve themselves.
- Be a positive role model by trying new foods together.
- Encourage children to take one bite of everything on their plate. Let them choose if and how much they want to eat.
- Remind children to stop eating when their tummies feel full.

## **ENCOURAGE CHILDREN TO HELP AT MEALTIME. LET THEM:**

- Rinse fruits and vegetables
- Peel eggs or fruit like bananas or oranges
- Tear lettuce for a salad
- Add, sprinkle, stir or spread ingredients
- Set the table
- Take dirty dishes to the sink
- Dry and put away clean dishes



## **INDIVIDUAL PIZZA ROUNDS**

- Preheat oven to 350°F.
- Spread pizza sauce on whole wheat flat bread or pita bread.
- Add shredded cheese.
- Top with diced vegetables and lean proteins (peppers, mushrooms, zucchini, ham, etc.).
- Sprinkle with oregano.
- Place on a baking sheet and bake for 10-15 minutes or until cheese is melted (times may vary).
- Slice pizza into triangles.
- Serve with fruit and a glass of unflavored milk.

# Good Rest Is Best

Children need lots of rest to stay healthy.

Not getting enough sleep is linked to obesity. Sleep is particularly important for brain development and energy. Make sure your child gets the right amount of sleep each day.

Age Group	Recommended Hours of Sleep per Day
Newborn (0-3 months)	14-17 hours
Infant (4-12 months)	12-16 hours
Toddler (1-2 years)	11-14 hours
Preschool (3-5 years)	10-13 hours
School age (6-12 years)	9-12 hours

## BEDTIME ROUTINE:

- Remove distractions, including TVs, computers and other gadgets from the room where children sleep.
- Give children time to relax before bedtime.
- Read a story or sing a lullaby.
- Go to bed and wake up at the same time every day.
- Sleep in a quiet, dark and relaxing environment.

*Sleep time recommendations are from the Centers for Disease Control & Prevention (CDC).*



**PROTECT YOUR BABY.  
FOLLOW THE ABCS OF  
SAFE SLEEP.**

Babies are safest:

- **A**lone
- On their **B**acks
- In an empty **C**rib

Every nap, every night,  
every time.



# Reduce Screen Time

**Aim for no more than 1 hour a day.**

“Screen time” is time spent using devices like smart phones, tablets, computers, TVs and video games.

Babies less than 18 months old should not have any screen time at all, except for video chatting. Kids 18 months to 5 years old should have no more than 1 hour of screen time total per day.

Instead of screen time, spend time together!

## **INDOOR ACTIVITIES:**

- Put a puzzle together.
- Make a favorite recipe together.
- Read books and act out movements to a story.
- Keep supplies on hand for coloring, finger painting and play-dough.
- Build a play fort with blankets, sheets and pillows.

## **OUTDOOR ACTIVITIES:**

- Blow bubbles.
- Go on a bug safari. Count how many types of bugs you can find.
- Take a walk to the library and check out a book.
- Climb a jungle gym at the park.
- Use sidewalk chalk to draw pictures or create a hopscotch board.
- Play a game of soccer, baseball or basketball.



*Screen time recommendations are from the American Academy of Pediatrics (AAP).*

# Make Snacks Count!

Think of snacks as mini meals.

Snacks are really important for toddlers and preschoolers. Children need healthy snacks throughout the day to provide energy, vitamins and minerals they may have missed at meal time.

Mix and match healthy choices from two different food groups for each snack.



## PERFECT PAIRS:

Yogurt	Frozen berries
Whole grain crackers	Thinly-sliced cheese
Whole grain low-sugar cereal like Cheerios	Unflavored milk
Grape halves	Thinly-sliced cheese
Hardboiled egg	Whole grain crackers
Thinly-sliced cucumbers	Hummus
Turkey roll-up	Diced peaches
Thinly-sliced apple	Yogurt for dipping
Orange slices	Whole wheat bagel half with cream cheese
Whole wheat pita with pizza sauce	Mozzarella cheese

## PUMPKIN PIE YOGURT

Create a healthy snack with your child.

- Mix 1/2 cup plain yogurt, 1/2 cup canned pumpkin (not pumpkin pie filling), 1 teaspoon cinnamon, and 1/2 teaspoon pumpkin pie spice.
- Top with whole grain cereal for a little crunch.

*Adapted from katheats.com*

# Water First For Thirst!

Serve healthier drinks for healthier kids.

## WATER:

- When your child says, “I’m thirsty,” offer water before any other drink.
- Be a role model. Drink water in front of children.
- Have water available at meals and snacks.

## MILK:

- Breast milk is best for the first 12 months of life.
- Choose whole milk for children ages 12-24 months old.
- Choose fat-free (skim) or low-fat (1%) milk for children 2 years and older.
- Unflavored milk is best for children of all ages.

## JUICE:

Kids don’t need juice — and babies less than 12 months old should not have juice.

If you do offer juice, make sure it’s 100% juice and limit it to:

- 4 ounces (1/2 cup) or less per day for children 12 months to 3 years.
- 6 ounces (3/4 cup) or less per day for children 3 years and older.



## MAKE WATER FUN

- Add sliced oranges, lemons, limes, berries, fresh mint or basil to jazz things up.
- Mix one part water and one part 100% juice and freeze in ice cube trays for more flavorful ice.
- Have children decorate their own water cup.

# Build Children Up With Words!

Positive words give children confidence and help them grow.

## 5 WAYS YOU CAN HELP YOUR CHILDREN FEEL GOOD ABOUT THEMSELVES:

1. Ask children about their day.
2. Spend one-on-one time with each of your children, even if it's only a minute.
3. Allow children to serve themselves food. It helps them become independent.
4. Say positive things about yourself and others in front of your children.
5. Focus praise on your children's actions instead of how they look.

## USE WORDS OF ENCOURAGEMENT THAT LET CHILDREN KNOW YOU NOTICE THEIR EFFORTS SUCH AS:

1. "I see you tried the carrots today! How do they taste?"
2. "Wow! You worked so hard to learn to balance the bicycle!"
3. "That's very kind of you to help your sister clean up."



By age 5, children are already developing good or bad feelings about their bodies.