

Help your child be healthy!



Make family time activity time

- Activity helps build strong muscles and bones.
- It helps the lungs and heart to stay strong too!
- Take family walks.
- Do yard work together. Make it fun.
- Try hiking, biking, swimming, sledding, or just going outside.



Make meal times part of the plan

- Healthy eating is a gift that you can give to your child.
- Set a good example by eating healthy.
- Include fruits and vegetables at every meal.
- Serve water or milk at meal times.
- Children age 1-6 should have only 4-6 ounces of 100% fruit juice per day; older children should only have 8-12 ounces.
- Sodas and high sugar drinks are empty calories that children do not need and cause tooth decay.



Make TV watching a family decision

- Cutting down on TV has a positive impact on children's health.
- Turn off the TV during meal times.
- Limit TV watching to 1-2 hours per day.
- When the TV is off your child will have more time to be active.

Make healthy changes in your family routine

- Make small changes and allow time for them to become habits.
- Parents are the best role models for children.



For more Fact Sheets please go to www.ParentHelpNH.org

Children's Hospital at Dartmouth, Injury Prevention Center, NH Department of Health and Human Services, NH Department of Education, NH Pediatric Society, SAFE KIDS NH & Partnership for a DrugFreeNH.org