

Tips for Your Tots

0 - 5 years



- ▶ Be creative: Kids will eat almost anything if it looks like a smiley face or a creature they love.
- ▶ Keep trying: It may take up to 10 attempts before your baby or toddler likes a food.
- ▶ Use healthy rewards: Instead of using foods as a reward, try using a fun activity, crayons, or positive words.
- ▶ Take advantage of easy and free activities: go to the park, turn on your sprinkler, go for a walking treasure hunt (find rocks, bugs, plants or even trash) or make a pile (to play in leaves, dirt, or laundry will do!)
- ▶ Toddlers will eat if they are hungry: Avoid making them 'finish their plate'. This can lead to habits of overeating.
- ▶ Ask your child's doctor about appropriate portion sizes for toddlers. Plan birthday parties with a healthy theme: Chefs, Treasure Hunts, Sports, or Super Heroes.

Tips for Your Kids

6 - 12 years



- ▶ Help your child find a sport or activity that will keep them active – try it all, from baseball to ballet.
- ▶ Make your play time active: go to the park, take a walk, ride bikes or play a game of tag.
- ▶ Serve healthy breakfasts and make sure meals have a variety of healthy choices.
- ▶ Talk to your child’s school about serving healthy foods, doing healthy fundraisers, not rewarding with food, and increasing exercise time.
- ▶ After school: Ask your after-school program if they offer physical play time and provide healthy snacks. At home, allow physical play time every day.
- ▶ Smoothie and Popsicle power: Make a smoothie with fresh fruits, ice and a bit of juice or milk - Drink or freeze into a popsicle!

Tips for Your Teens

13 - 18 years



- ▶ Help your child find a sport or activity that will keep them active – try it all, from kayaking to salsa dancing.
- ▶ Encourage healthy drinks: Water and milk (low or non-fat) are best. If your teen drinks juice, keep only 100% fruit juice in your home. Avoid sodas and energy drinks.
- ▶ Talk to your teen about eating healthy off campus.
- ▶ Talk to your teen about being healthy and treating their body with respect. Healthy bodies come in all shapes.
- ▶ Gamer in the house? Consider getting them hooked on Wii or Kinect for some exercise. And set limits to video game and TV time.
- ▶ Keep healthy snacks on hand for your growing teen.
- ▶ Use celebrations, or vacations as an opportunity to try a new activity: biking, kayaking, skiing, or horseback riding.
- ▶ Cook and eat a healthy meal together as often as possible.

Tips for the Whole Family



- ▶ Stock your shelves and refrigerator with whole grain snacks and lots of fruits and veggies. Avoid buying sodas, chips and other junk food and everyone in the family will be less likely to eat it.
- ▶ Plan vacations and celebrations that include outdoor adventures and active fun.
- ▶ Sit down and eat healthy meals as a family as often as possible.
- ▶ We know eating fast food can be a matter of convenience in many situations with kids. Avoid eating fast food regularly and skip the soda!
- ▶ Turn off the TV: kids should get no more than two hours of screen time a day (TV, computer and video games).
- ▶ Use free family time to get active: go on a hike, ride bikes, or swim.
- ▶ Eat out only occasionally and look for healthier options.

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