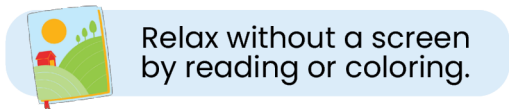


Healthy Habits for Kids

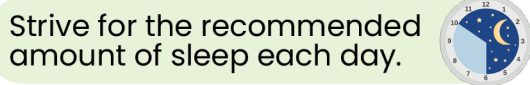
Printable tips for info on the go! Print, cut on the dotted line, then fold on the solid line in the center. Now, hang anywhere you and your family will see it each day!



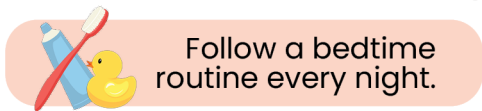
Healthy Habits for Kids



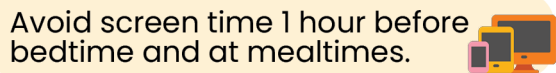
Relax without a screen by reading or coloring.



Strive for the recommended amount of sleep each day.



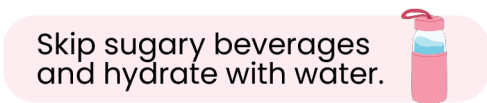
Follow a bedtime routine every night.



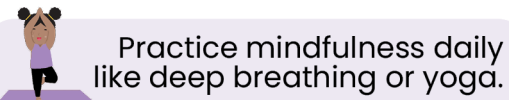
Avoid screen time 1 hour before bedtime and at mealtimes.



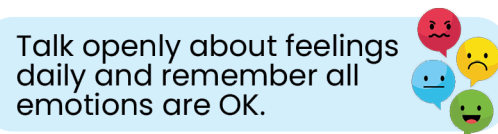
Make meals and snacks together.



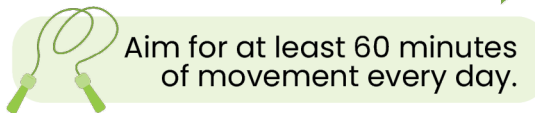
Skip sugary beverages and hydrate with water.



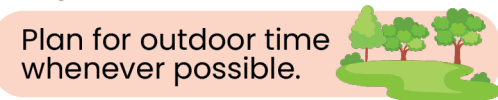
Practice mindfulness daily like deep breathing or yoga.



Talk openly about feelings daily and remember all emotions are OK.



Aim for at least 60 minutes of movement every day.



Plan for outdoor time whenever possible.

Scan here for more healthy habit building resources.



Conversation Swaps

Slight changes in your conversations with kids can make all the difference in fostering healthy habits.

All Feelings are OK!

When we normalize and validate feelings, we create a safe and supportive environment for kids to talk openly about their feelings.

Instead of: Don't cry!
Try: Are you feeling sad? It's ok to cry!

Instead of: Stop whining and just try it.
Try: It's okay to feel nervous when you try new things.

Instead of: There's nothing to be worried about.
Try: It looks like you are worried. Do you want to do some deep breaths with me?

Reduce Mealtime Stress

Maintaining a healthy relationship with food is just as important as eating right.

Instead of: Take two bites.
Try: You don't have to eat it.

Instead of: Clean your plate.
Try: Check in with your belly.

Instead of: Eat your veggies.
Try: You pick! Spinach or broccoli?

Instead of: See, that didn't taste so bad, did it?

Try: Do you like that? Everybody likes different foods!

