



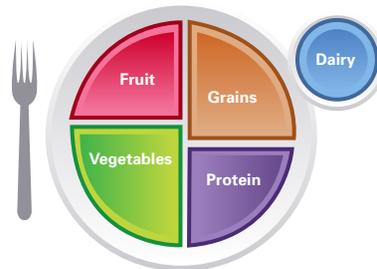
5 years

Parent Tips

- Mealtime is a perfect place to learn. Offer a variety of healthy, colorful foods. Talk about how foods taste, smell, feel and look.
- **Trust your child's appetite.** All children know how much they need to eat. Ask your child, "Is your tummy full?" Don't make them eat more.
- Continue to have family meals. If they don't eat at one meal they will at the next.
- **Never bribe, comfort or reward with food.**
- Sweets and sweetened drinks (soda, fruit punch or sports drinks, etc.) should not be part of daily routine.
- Focus on meals, turn off the TV and other screens, slow down and enjoy family time.
- No computers or TVs in your child's bedroom.

Feeding Advice

- Your main job as a parent is to be sure that meals start with a vegetable and include a wide variety of healthy foods from all the food groups (fruits, vegetables, dairy, whole grains and meat/protein).
- Breakfast: If not eating breakfast at home, make sure your child has breakfast at school.
- Serve your child the same food as the rest of the family. Don't make separate food.
- Focus on healthy snacks. Offer vegetables, cut-up fruit, cubed cheese or yogurt.
- Keep up good habits when eating away from home. Take fruits and vegetables.
- If your child is in day care or with relatives, make sure you know what they are eating and drinking. Maintain healthy eating plans.
- At restaurants, split meals between kids or share your meal. Order milk with the meal. Don't fill up on pre-meal foods, such as bread or chips.
- Look at the school lunch menu together. If there is a choice of foods, talk about the different options.



- If packing a school lunch is an option, include:
 - fruit and/or vegetables
 - milk, yogurt or cheese*
 - whole grain crackers or bread
 - a protein – nuts (or peanut butter), beans, fish, lean meats or eggs*
 - Some schools require you to send a snack. Make sure it is a fruit or vegetable.
 - Let your child help pack snacks and lunches.
- * Keep food cold with an ice pack or frozen water bottle.

What should my child be drinking?

- Milk or water

Be Active

- Encourage daily play of one hour or more. Make it a part of the family routine. Try riding a bike, skipping, dancing, jumping, walking backwards, hopping on one foot or running.
- Enjoy throwing and catching balls with your child. Try playing hopscotch or hide-n-seek.
- Limit screen time (TV, computers, tablets, video games, cell phones) to 30 minutes at a time and no more than
- 1 to 2 hours per day. Help your child choose what to watch.

Sleep Advice

- Enjoy a calming sleep routine with low lights, a warm bath, and **reading** together, or have your child **read** to you.
- No food or screens before bed.
- It is normal and best for your child at this age to sleep 11 to 13 hours each night.





Young children learn how to throw, catch and kick only by practice. Keep a basket of inside and outside play things like different balls, bats, hoops, bean bags, and fleece balls for quick games during the day.

Have You Noticed?

- Your child can skip now. Their body is getting stronger and they like to test it.
- They start to imitate older children in food choices and activities.

Watching Your Child

- When excited, your child will talk and move their whole body. But if they are not doing things, they often watch TV. Keep them busy with lots of different things. Don't let them sit.
- Your preschooler will start to tell jokes. Laugh with them and tell them a joke, too.

Fun at Mealtime

- Together, plan a dinner every week, using foods from all five food groups.
- Your child will love to talk about the things they learn. Family meals are the best time to chat with no distractions.

Play with a Purpose

Block out some active playtime together each day no matter what the weather.

- **Talk** – When you play, read a book out loud and have your child act out the story. Then switch: your child reads and you act it out. At meals, talk about which foods are the healthy choices and how it powers the body and brain.
- **Develop their big muscles and learn about their body** – Learn the names of their body parts (such as shoulders, tummy, ankles, wrists and muscles) and muscles (abdominals, thighs, calves, hamstrings). Teach your child their heart is a muscle and needs to work. You know it's working when it

Play with a Purpose: 5 years



beats fast. Show your child how to feel the heart beat on their neck or wrist. Play games to get them moving.

- **Hands and fingers** – Offer craft materials to make new things (hat, birdhouse, boat). Try dominoes, card or board games, write letters and numbers with fun items (chalk, finger paint, play dough).

Try This!

- Have a neighborhood parent-child sports night. Play kickball, tee-ball, soccer, basketball. Finish the games with healthy snacks made together by the kids and their parents.

What Comes Next?

Next will be school. You have started your child on the road to an active and healthy life. Keep it going. Teach them to celebrate how good their body feels when it is healthy and strong.

Want more info? Go to
www.theounceofprevention.org