

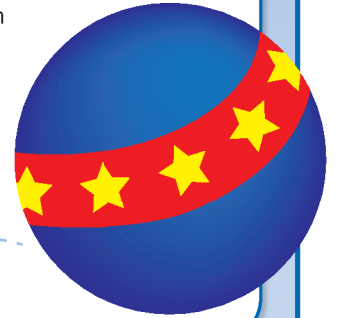
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TIPS FOR HEALTHY...

ACTIVITIES

1. **Create a game out of everyday tasks and chores.**
2. **Go outside to run around and play.**
3. **Dance and move to music.**
4. **Join the fun and be active with your children.**
5. **Get active inside with games and simple exercises.**

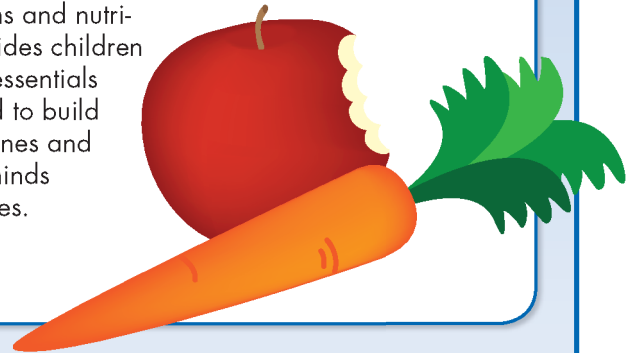
Encouraging a playful, active lifestyle helps children learn to solve problems, promotes flexibility and motivation, teaches the regulation of emotions and builds resilience and confidence. For example, teaching your child the basics of throwing, catching and kicking a large, soft ball develops hand-eye coordination. Play *becomes* exercise.



EATING

1. **Encourage your child to eat a variety of foods.**
2. **Be a good role model.**
3. **Stock your cupboards with healthy choices.**
4. **Serve balanced portions of the five food groups.**
5. **Follow a schedule for meals and snacks.**

Lead the charge in developing a healthier lifestyle for you and your children. Eating a variety of foods rich in vitamins and nutrients provides children with the essentials they need to build strong bones and healthy minds and bodies.



LEARNING

1. **Encourage play—alone and with others.**
2. **Play together.**
3. **Get adequate sleep and proper nutrition.**
4. **Limit screen time.**
5. **Read together every day.**

Play is the natural way to learn. It is essential to the development of a child's brain, forming the basis of healthy cognitive function and mastery of a child's physical world.

