



Raising Healthy Kids

MakingHealthHappen.com

What is a healthy childhood?

As a parent or caregiver, your job is to provide a safe and healthy environment in which your child can grow and mature.



Why is it significant?

Numerous studies show that what happens to a person in their childhood has a huge impact on their future physical, mental and emotional health. Whether negative or positive, habits and patterns formed in childhood often last a lifetime.

What else should I be aware of?

Check with your doctor if your child experiences noticeable weight gain or loss, sleep problems or behavioural changes, a fever higher than 39°C, rashes or skin infections, frequent sore throats or breathing problems.



What can I do?

- ✓ Be available for your child. Make sure they know you're always there for them and love them unconditionally. Tell them so.



- ✓ Nourish your child with a healthy, balanced diet based on Canada's Food Guide. Encourage them to drink water instead of soft drinks and to eat healthy snacks instead of junk food.
- ✓ Stick to a regular meal and snack routine. Eat together as a family as much as possible.
- ✓ Make physical activity part of your family life by taking walks or playing outdoor games together. Children are much more likely to remain active if their parents

maintain an active lifestyle. Thirty to 60 minutes of physical activity daily is recommended.

- ✓ Keep total TV and computer screen time to a healthy minimum.
- ✓ Children learn more from what they see than from what you tell them. Be a good role model when it comes to physical activity, healthy eating, and not smoking or drinking.

- ✓ Learn more about raising healthy kids by going to www.makinghealthhappen.com.



Go to MakingHealthHappen.com and enter **center1007** in the search box to learn more about Raising Healthy Kids.