

# Lead Your Child to GOOD HEALTH



Teach **GOOD SLEEP HABITS** by having a regular bedtime routine and enforcing a reasonable "lights out" time. No TV in the bedroom, please!



**GET OUTSIDE** with your child. Take a walk in the neighborhood, go fishing, go cycling, play a recreational sport, plant a garden ...

Teach and practice **HEALTHFUL FAMILY EATING** habits. Limit fast food. Serve vegetables and fruit at meals and snacks daily. Model healthful eating yourself.

Model an **ACTIVE LIFE STYLE**. Work around the house, exercise regularly, and don't be a "couch potato" (limit your screen time as well).

Develop the **FAMILY TABLE**. Eat together as a family, turn the TV off, stay at the table until everyone finishes eating, and encourage conversation. Don't miss this opportunity to get to know each other.



**BE INVOLVED** in your child's life. Coach a team, drive car pool, be a room mom or dad, teach Sunday School, get to know his/her friends ...

Don't hesitate to **DISCIPLINE YOUR CHILD** with both encouragement and correction. Start early and less will be needed later.

**PROTECT YOUR CHILD'S MIND**. Monitor TV programs, scrutinize movies (even at a friend's home), and place an Internet filter on your computer.

Turn the **TELEVISION OFF** often and limit total screen time (TV, video games, computer) to no more than 1-2 hours per day. You'll be pleased with the conversations that develop.



**MONITOR** your child's activities, regardless of age. Your oversight and wise advice are greatly needed!

Strengthen your family by **Nurturing Your Marriage**. Invest TIME with your spouse: dates, walks, talk time, etc. Your child will benefit.