



As a physician in the **American College of Pediatricians**, I want to encourage you to ***lead your child*** to good health

- ✚ Strengthen your family by **nurturing your marriage**. Invest TIME with your spouse: dates, walks/strolls, talk time, etc. Your child will be blessed.
- ✚ Don't hesitate to **discipline your child with encouragement and correction**. Start early and less will be needed later.
- ✚ **Teach good sleep habits** by having a good bedtime routine and enforcing a reasonable bedtime. No TV in the bedroom, please!
- ✚ Teach healthy eating habits. Limit fast food. Serve vegetables and fruit at meals and snacks daily. **Model healthy eating** yourself.
- ✚ 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.
- ✚ Turn the **television off** often and limit screen time (TV, video games, computer) to a specific amount of time per day. You'll be surprised at the conversations that develop.
- ✚ **Get outside** with your child. Take a walk in the neighborhood, go fishing, play a recreational sport, plant a garden . . .
- ✚ Model an **active life style**. Work around the house, regularly exercise, and don't be a "coach potato" (turn off those screens when the children are awake).
- ✚ **Be involved** in your child's life. Coach a team, drive car pool, be a room mom, teach Sunday School, get to know his/her friends . . .
- ✚ **Protect your child's mind**. Monitor TV programs watched, scrutinize movies rented or bought (even at a friend's home), and place an Internet filter on your computer.
- ✚ **Monitor** your older child's activities, regardless of age. Your oversight and wise advice is greatly needed!

For more details on healthy parenting, go to: [www.Best4Children.org](http://www.Best4Children.org).