Helpful Parenting Tips for Maintaining a Healthy Family Environment

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.

For more details on healthful parenting, go to: www.Best4Children.org