As a physician in the American College of Pediatricians,
I want to encourage you to

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 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.BestforChildren.org