

Simple, everyday activities to support your child's health

STANDARD: Shows Awareness of Healthy Routines

- ☐ **IN THE BATHROOM** Practice washing hands after going to the bathroom. Sing to make it fun: "This is the way we wash our hands, wash our hands, wash our hands..."
- ☐ **BRUSH YOUR TEETH** Have your child brush for two minutes every morning and before bedtime. Have your child practice putting toothpaste on the brush and rinsing it at the end.

STANDARD: Identifies Healthy Foods

- ☐ **FUEL GROWTH** At meals, fill half your plates with fruits and vegetables. Vary your proteins. Seek out whole grains for at least half your grains. Most children should drink skim or 1% milk; confirm your choices with your doctor.

STANDARD: Shows Awareness of Safety Routines

- ☐ **PLAY SAFELY** Talk with your child about being safe while playing around others. Explain about not walking in front of a child on a swing and not getting too close to games with bats and balls.
- ☐ **CROSS SAFELY** Explain how crosswalk signs work and the importance of looking both ways before crossing a street. "When you see the picture of a person walking, then it's usually safe to go. Always check with a grown-up first."
- ☐ **TELL AN ADULT** Teach your child that it's okay to say "no" to touches or situations that make them feel uncomfortable or scared. Respect their boundaries by giving them choices and teaching them to use their words when they are unhappy with a situation.
- ☐ **KNOW OUR HELPERS** Explain the roles of firefighters, police, and emergency medical workers and the ways they help us during emergencies.