

## Simple, everyday activities to support your child's health

### STANDARD: Develops Healthy Habits

- ☐ **WASH YOUR HANDS** Remind your child to wash his or her hands after playing outside, before eating, and before bedtime. Taking steps to reduce illness makes it easier to have solid attendance at school!
- ☐ **FUEL GROWTH** At family meals, fill half your plates with fruits and vegetables. Seek out whole grains for at least half your grains. Most children should drink skim or 1% milk; confirm your child's needs with your pediatrician. Vary your protein food choices.
- ☐ **KEEP CLEAN** Before bath time, ask your child to suggest reasons why it's important to keep clean.
- ☐ **CARE FOR YOUR TEETH** Have your child brush for two minutes every morning and before bedtime. Remind your child to rinse the brush when finished.

### STANDARD: Develops Awareness of Safety Routines

- ☐ **TALK ABOUT COMMUNITY HELPERS** Explain the roles of firefighters, police, and emergency medical workers and the ways they help us during emergencies.
- ☐ **CROSSWALK AND TRAFFIC** Point out that many crossroads have a sign—a sign with a person walking means "cross," while a sign with a red hand means "stop." Remind your child to always check with a grown-up first before crossing.
- ☐ **TELL AN ADULT** Teach your child that it's okay to say "no" to touches or situations that make him or her feel uncomfortable or scared. He or she should also tell a trusted adult.
- ☐ **KEEP YOUR DISTANCE** Remind your child that taking turns at play is an important way to keep safe. Keeping a safe distance from children on swings, children swinging bats, and children riding scooters and bikes is part of playing safely.
- ☐ **WEAR A HELMET** Talk about the importance of wearing a helmet when riding a bike or scooter, playing baseball, playing hockey, ice-skating, roller-skating, skiing, and sledding.
- ☐ **LEARN ABOUT FIRE SAFETY** Contact your local fire station for some age-appropriate materials to use to talk with your child about keeping safe when there is a fire. Find out your school's fire safety plan and discuss it with your child.