

GROW UP HEALTHY

There are plenty of steps you can take to help your child grow up healthy!

Exercise

Aim for 60 minutes of activity every day.

Ages 1–5

Interacting and playing games together is a great way to instill healthy habits early.

Ages 6–10

Exercise as a family: Play soccer in the backyard, take a walk, do chores together!

Ages 11–15

Your child could participate in a team sport, join an outdoor club, or even just ride a bike to school.



Diet

Ages 1–5

Introduce lots of delicious fruits and vegetables to set up healthy eating habits.

Ages 6–10

Make sure that your child is consuming a balanced diet.

Ages 11–15

Teach your child how to make smart choices about food.



Feelings

Ages 1–5

Encourage your child to talk about his or her feelings, and teach him or her ways to cope with being angry, worried, or disappointed.

Ages 6–10

Support your child in developing healthy friendships and ways to cope with stress.

Ages 11–15

Talk to your child about healthy relationships and decision-making.



Health

Ages 1–5

Serve your kids plenty of water, and keep them away from sugary drinks.

Ages 6–10

Help your child develop healthy boundaries with technology by limiting screen time and knowing the sites your child is visiting.

Ages 11–15

The teen years can be very busy! Make sure your child is getting enough sleep.



Immunizations

Vaccinations are key to keeping your child healthy and should be kept up-to-date as he or she grows, from the Hepatitis B vaccine at birth to protect against liver infection to the HPV vaccine at 11 to 12 years to protect against cervical and at least five other cancers. Talk to your pediatrician for the full schedule.