

Welcome to Group Care!



Healthy Active Living at Home

- Limit fast food and dining out. It is much easier to make sure that what your family eats is healthy if you make it yourself!
- Let your child help make meals with you. Give simple tasks such as putting napkins on the table, placing precut vegetables in the salad, or helping mix batter
- If your child has a hard time sitting at the table during mealtimes, try to keep mealtimes short—10 minutes or so. Let your child get up when she shows she is finished eating
- Put healthy foods, such as a bowl of apples, where your child can reach them. When she gets hungry, she can easily get to healthy foods
- Encourage your child to drink water if she is thirsty
- Limit juice to no more than four to six ounces a day. Add water to juice, or offer fresh fruit instead
- Make sure that everyone who cares for your child gives healthy foods and not sweets
- When awake, children should not be inactive for longer than 1 hour at a time
- Limit TV and videos to no more than one to two hours each day
- Try not to put a TV in your child's bedroom
- Be active together as a family
- Choose active toys for your child. Young children need easy access to balls, jump ropes, and other active toys
- Find time for things such as singing, exploring parks, flying a kite, digging in the sand, tumbling in leaves, or building a snowman
- Find ways to engage your child in healthy active living such as
 - Playing a game of tag
 - Making healthy meals together
 - Making a shopping list with colorful fruits and vegetables
 - Going on a walk in the neighborhood
 - Growing a garden
- Read together. It can be a lot of fun and part of your bedtime routine



Questions to Ask Your Baby's Pediatrician

"How can I make sure my child is getting enough physical activity?"

"How often should I read to my child?"

"What type of car seat should my child be using?"

"When is my child ready for organized sports?"