

Welcome to Group Care!



Healthy Active Living at Home

- Limit TV, video, video game, and computer time to no more than one to two hours each day
- Try to not have a TV in your child's bedroom
- Find time for daily play, and praise your child for being active
- Be sure your child has easy access to balls, jump ropes, and other toys that encourage active play
- Exercise and stay active. Children who see their parents enjoying sports and physical activity are more likely to do so themselves
- Playing games such as hide-and-seek, kick ball, freeze tag, hopscotch, and catch can help your child develop body confidence. It can also prepare him for more advanced physical activities and school sports
- This age is also a great time to expose your child to organized sports such as soccer or T-ball
- 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 pre-cut vegetables in the salad, or helping mix batter
- Put healthy foods, such as a bowl of apples, where your child can reach them. When he gets hungry, he can easily get to healthy foods
- Encourage your child to drink water if he is thirsty
- Limit juice to no more than four to six ounces a day. Add water to juice, or offer fresh fruit instead
- Read together. It can be a lot of fun and part of your bedtime routine



Questions to Ask Your Baby's Pediatrician

"Is my child up-to-date with her immunizations?"

"How do I know if my child is ready for school?"

"What are appropriate portion sizes for my child?"