

# Tips for a Healthy Home

## LIMIT SCREEN TIME

After school and on weekends, set a limit on screen time to 2 hours or less. And don't save it for right before bedtime! The screen lights are stimulating to the brain.

Instead encourage your child to interact with family or friends, read, play, get creative or be active.



## SLEEP ROUTINES: SHHH...

Try to have a bedtime and wake up time that is consistent. Kid brains are so much happier with consistent sleep schedules!

Believe it or not, kids ages 6-13 could use 9-11 hours of sleep. 8 hr is OK, but 9 hr is better.



## DAILY 5: EAT A RAINBOW

Eating fruits and veggies in all different colors of the rainbow means you're absorbing a variety of nutrients and helps prevent chronic diseases.

Aim for 5 servings a day (ex: a pear, yellow squash, tomato, lettuce, carrots).



## TIME TOGETHER

Each day eat at least 1 meal together as a family.

Do activities together; work up a sweat 5 days a week - play tag, soccer, basketball, ride bikes, walk. Get outside for Vitamin D. Indoors play games, read aloud, or dance.



## SET SAFE BOUNDARIES

Believe it or not, children appreciate having clear expectations, so have rules that keep kids safe. When rules are broken, give a logical consequence.

Feeling angry? It's OK to delay the consequence. Tell the child you're going to do something about the broken rule. Calm down. *Then* deliver the consequence.



## DRINK & PROVIDE WATER

Keeping hydrated with water is best for everyone. Drink it often, provide it often, and limit sweet drinks.

Water flushes out toxins, lubricates joints, cleans acid out of the mouth lessening cavities, supports digestion, boosts energy and brain function, AND MORE!

