

# Counting down to a healthy lifestyle

Ages  
2-4



10

## or more hours of sleep

- Keep your child's nap and bedtime routines as consistent as possible every day.
- Create a calming bedtime routine with quiet music, story time or a bath before bedtime.
- Keep the bedroom quiet and the lights dim.
- Consider giving your child a security item such as a stuffed animal or blanket.
- Be ready to address delay tactics by being gentle, yet firm, that bedtime is now.



4

## or more fruits and vegetables

- Offer plenty of vegetables and fruit at every meal and snack. Make half the plate vegetables and fruit.
- Eat meals or snacks together often. Children are more likely to try foods when they see others enjoying them.
- Avoid giving your child snacks that are high in sugar, fat and salt. Be aware of food marketing that targets children.
- Try a new vegetable every week. Ask children to help pick it out. It could take 10 or more times before children taste and accept a new food, so keep trying.
- Offer fresh, frozen or canned vegetables and fruits with little added sodium or sugar. They are all healthy options.
- To find out how to help your child eat well go to <http://www.nutritionscreen.ca/>



# 3

## or more hours of physical activity throughout the day

- Choose activities that get your toddler or preschooler moving, such as climbing the stairs and moving around the house on their own.
- Let your child play outside and explore.
- Walk together to the store, park or a friend's house.
- Have children practise movement-based skills such as hopping, kicking and catching.
- As a family, be active together and as a parent, model a physical lifestyle for your child.
- Dress your child for all types of weather so he or she can be active outside all year long.



# 1

## hour or less a day watching screens or being inactive

- Set limits and have rules about screen time (computers, TV and hand-held devices).
- Keep TVs and computers out of bedrooms.
- Limit time in strollers or car seats.
- On long car trips, stop for play breaks.
- Break up sitting time with busy play and activities.



# 0

## sugary drinks

- Offer water as your drink of choice.
- Pack reusable water bottles for outings. Ask for water with meals when eating out.
- Offer unsweetened white milk or unsweetened fortified soy beverage.
- At meals and snack times offer all drinks in an open cup.
- Do not offer sugary drinks such as juice, pop, fruit drinks, energy or sport drinks that contain few or no nutrients and have too much sugar.

### Also remember:

- **PARENTS** decide what, when and where foods are served.
- **CHILDREN** decide whether to eat and how much to eat.

