

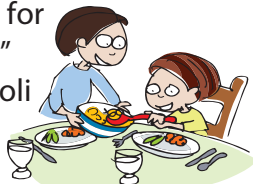
Be a Healthy Role Model for Kids!

...set good examples to help children learn



1 Listen to Your Child

If your child says he or she is hungry, offer a small, healthy snack even if it's not the usual time to eat. Ask "which would you like for dinner, broccoli or cauliflower?" instead of "Do you want broccoli for dinner."



2 Explore Local Parks

Explore local parks, recreation programs, community recreation centers and YMCAs. Find out if your school or church has "open gym" and take the family.

3 Try New Foods Yourself

Describe the new food's taste, feel and smell. Offer one new food at a time. Serve something your child likes along with the new food. Offer new foods at the beginning of a meal when your child is hungry.

4 Lead the Way and be Fit Together

Adults need thirty minutes of physical activity on most days. Make physical activity part of each day. Walk with your child to school, enjoy family walks in the park or swimming at the lake.



5 Fuel Up for the Day

Start every day with breakfast. Besides cereal, fruit and milk, other quick and easy choices are trail mix, dried fruits and 100% juice boxes. Your child's school may also offer breakfast.

6 Show by Example

Eat vegetables, fruits and whole grains with meals or as snacks. Let your child see that you enjoy eating raw vegetables.

7 Move More, Sit Less

We can all be more active as part of our daily lives. Walk rather than drive and encourage your kids to cycle and walk where possible. If you're out with your kids on the bus, get off a stop early and walk the rest of the way.

8 Give Positive Rewards

Reward yourself and your child for a job well done. Think "healthy" when selecting rewards. Go on a bike ride together or enroll your child in a new art, music or physical activity class.

9 Drink More Low Fat Milk and Water

Offer 1% and skim milk or water at every meal and snack. Give your children water to drink and tell them not to wait until they are thirsty.



10 Active Children Make Healthy Children

Children and teens need at least 60 minutes of physical activity every day. Support your child in physical activity or team sports of his or her choice.

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