

# Your family: Be healthy together



## Provide some structure to family life

- Offer regular meals and snacks — plan meals at least every 4 hours and not more frequent than every 2 hours.
- Eat meals and snacks at the table.
- Start the day with a healthy breakfast.

## Eat meals together as a family

- Offer everyone in the family the same meal.
- Put 4 or 5 foods (including whole-grain bread) on the table. Let everyone pick and choose from that group.
- Match familiar with unfamiliar foods, favorite with not-so-favorites.
- Eat without the TV on.
- Keep family meals fun and positive.

## Be active for at least 30 to 60 minutes every day

- Encourage your child to play sports and other after-school activities.
- Make physical activity part of your family's daily life.
- Identify one activity your family can do together each week.

## Set limits on screen time (TV/computer/smartphone)

- Remove the TV/computer/video games from the child's bedroom.
- Ask your kids to identify the shows that they need to watch, and schedule TV time accordingly.

## Consider these responsibilities when feeding your children

- YOU are responsible for the *what*, *when*, and *where*.
- YOUR CHILD is responsible for *how much* and *whether*.

## Consider these responsibilities for activity

- YOU are responsible for the *structure*, *safety*, and *opportunities*.
- YOUR CHILD is responsible for *how much* and *whether*.

## Encourage and model healthy choices

- Avoid food restriction — occasionally offer “play” foods at meal and snack time so your child doesn't sneak around and overeat them.
- Eat fruits and vegetables yourself.
- Make fruits and vegetables available at every meal.
- Try, try, and try again! It takes 8 to 10 exposures to a new food before children decide they like or don't like it.
- Choose the foods you like and provide family meals that you find rewarding to plan, cook, serve, and eat.