

## A Note to Families:

For kids, being active in school and at home means improved concentration, more overall energy, and an eagerness to participate in group activities and learn new things. In school, your child is learning how to be an active and healthy student by participating in the **Case Files of a Healthy Class** program. Developed in collaboration with Kaiser Permanente's pediatric physicians, **Case Files of a Healthy Class** unites **reading** and **writing lessons** with engaging activities that encourage students to develop healthy habits.

We ask you to continue the learning at home by developing an active and healthy atmosphere. One easy way to do this is to incorporate some of the suggestions from this handout into your family's everyday lifestyle. Start with the fun activity below, then review the list on the back of this sheet for tips to help your family meet their goals!

We hope that these pages provide a valuable resource for your family.

Sincerely,



Raymond J. Baxter, PhD  
Senior Vice President  
Community Benefit at Kaiser Permanente

Families can call  
1-877-KIDS-SPY  
(1-877-543-7779) for  
fun and healthy  
messages from the  
Amazing Food  
Detective!



## The \_\_\_\_\_ Family Profile

In Part 1, write down four **Healthy Habits** that you do as a family. Continue to do these healthy actions as you work toward developing even more healthy behaviors. For Part 2, write four **Health Goals** that you would like to reach as a family.

### Part 1. Our Healthy Habits:

- |             |             |
|-------------|-------------|
| 1. We _____ | 3. We _____ |
| 2. We _____ | 4. We _____ |

### Part 2. Our Health Goals:

- |                     |                     |
|---------------------|---------------------|
| 1. We plan to _____ | 3. We plan to _____ |
| 2. We plan to _____ | 4. We plan to _____ |

Have a family meeting to discuss the new Health Goals that you are working toward. Discuss how each person in the family can help each other reach the goals. Create a calendar to hang on your refrigerator that tracks each day's healthy habits. Record your family's actions for a month to see how close your family is to reaching your goals. Pretty soon, your Health Goals will become your Healthy Habits!

To get Healthy Habit Tips for your family, go to [www.kp.org/communitybenefit](http://www.kp.org/communitybenefit).  
Para obtener consejos sobre hábitos saludables para la familia, vaya a [www.kp.org/communitybenefit](http://www.kp.org/communitybenefit).

# Healthful Tips for Healthy Kids!

The following tips\* can help your child stay healthy, active, and well-nourished.

## Eat Well

### • Eat more fruits and vegetables.

- Offer at least one fruit or vegetable with every snack or meal.
- Keep cut-up fruits and veggies in the fridge for easy access.
- Ask your child which fruits he or she likes best.
- Keep high-fat, high-calorie snacks tucked away and save them for special occasions.



### • Skip sugary drinks and whole milk.

- Switch to low-fat milk once your child turns two.
- Keep sweetened fruit drinks (soda, juice, Gatorade, Kool-Aid) out of your home.
- Break the juice habit. Always offer water.



## Break Free of the Screen

### • Spend no more than one to two hours per day watching the TV and computer screen (including homework).

- Keep TVs and other screens out of the bedroom.
- Limit video games to those that promote physical activity, like “The Incredible Adventures of the Amazing Food Detective.”
- Buy toys that encourage activity, such as traditional balls, bikes, skates, or jump ropes. Or find more creative active games like “Moon Shoes,” “Kik a Flick,” and laser challenge games.



## Get Active

### • Play hard for at least 60 minutes every day.

- Walk or bike places with your kids. Take the stairs, not the elevator.
- Encourage your child to play sports and participate in other after-school activities.
- Be involved in active play with your kids (e.g., go to the playground, walk the dog).
- Try using a pedometer (step-counter) to make walking a game.



\*Source: American Medical Association, 2007



## It's important to know how to improve your family's health.

On average, children in the U.S. will spend more time in front of the television (1,023 hours) than in school (900 hours)\* this year.

One step you can take toward reversing this trend and developing a healthier lifestyle is to limit screen time to 1–2 hours (including homework). Instead, your family can spend this time playing outdoors together, walking, or practicing sports. Eat healthy snacks and drink plenty of water during these activities to maintain your energy.

\*Source: Center for Screen-Time Awareness.

## Resources for Families

Want to learn more? These Web sites and books contain useful information about physical activity, food choices, and health for kids.

### • Web sites

- [www.members.kp.org](http://www.members.kp.org)
- [www.kidshealth.org/kid](http://www.kidshealth.org/kid)
- [www.screentime.org](http://www.screentime.org)
- [www.bam.gov](http://www.bam.gov)
- [www.canfit.org](http://www.canfit.org)
- [www.verbnow.com](http://www.verbnow.com)
- [www.cspinet.org/smartmouth](http://www.cspinet.org/smartmouth)
- [www.kp.org/amazingfooddetective](http://www.kp.org/amazingfooddetective)
- [www.xnet.kp.org/communitybenefit/chi/index.html](http://www.xnet.kp.org/communitybenefit/chi/index.html)

### • Books

- *Helping Your Child Lose Weight the Healthy Way: A Family Approach to Weight Control*, by J. Levine and L. Bine
- *How to Get Your Kid to Eat...But Not Too Much: From Birth to Adolescence*, by E. Satter
- *American Academy of Pediatrics Guide to Your Child's Nutrition: Making Peace at the Table and Building Healthy Habits for Life*, edited by W. Dietz and L. Stern
- *Nestlé Nutrition Workshop Series: Obesity in Childhood and Adolescence*, by W. Dietz and C. Chen
- *The Elephant in the Living Room: Make Television Work for Your Kids*, by D. Christakis and F. Zimmerman