



# Healthy Habits and How to Get Moving

+

Presented by:  
Jennifer Stivers, RN  
Beth Rodriguez





# Be a role model

- + As a parent, you play a big part in shaping your children's eating and drinking habits. When you make it a habit to consume healthy foods, your children may learn to like these foods as well. If your child does not like a new food right away, don't be upset. Children often need to see a new food many times before they will try it.





# Talk about being Healthy

**+ Speak up when you see unhealthy choices. Direct children to healthier options or say, "You can have a little of that, but not too much." Talk to them about why an overly salty or heavily sugared snack is not the best choice. Avoid making them feel guilty about their food choices.**

**You can also praise your children when they choose a healthy item like fruit. Use comments like these**

- **"Great choice!"**
- **"You're giving your body what it needs with that snack!"**
- **"I like those, too."**





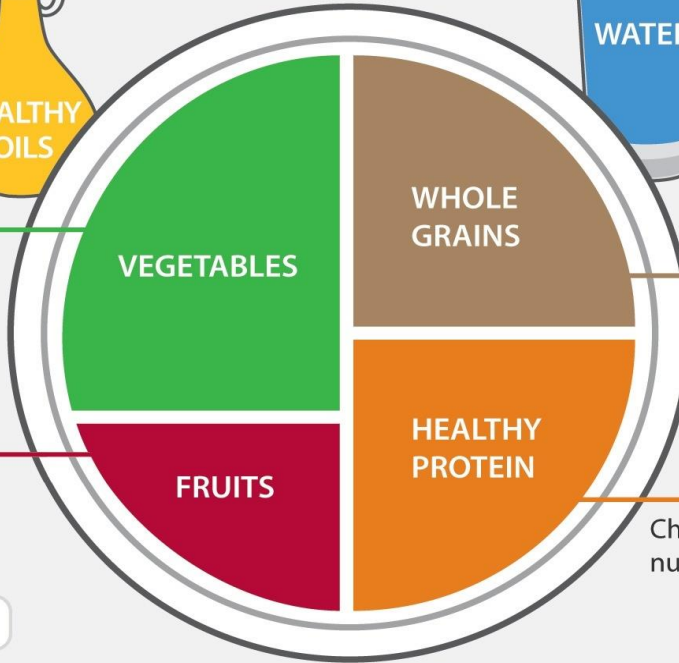


# HEALTHY EATING PLATE

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.



The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.



Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

Eat plenty of fruits of all colors.

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.



**STAY ACTIVE!**

© Harvard University



Harvard T.H. Chan School of Public Health  
The Nutrition Source  
[www.hsph.harvard.edu/nutritionsource](http://www.hsph.harvard.edu/nutritionsource)

Harvard Medical School  
Harvard Health Publications  
[www.health.harvard.edu](http://www.health.harvard.edu)





A close-up photograph of a person's hands holding a large, round, woven basket. The basket is intricately decorated with horizontal bands of colorful beads in shades of red, orange, yellow, green, and blue. The person holding the basket is wearing a vibrant, patterned garment with a geometric lattice design in yellow, red, and black. The background is a soft-focus green, suggesting an outdoor setting. The text "Introduce different food cultures" is overlaid in white, serif font across the center of the image.

# Introduce different food cultures





HOW THE **FOOD** YOU EAT

TEDEd



AFFECTS YOUR **BRAIN**





# Health at School

- + Send your kids to school with healthy snacks. Our students participate in a lot of activity during the day and need the fuel.
- + Encourage water intake daily!!
- + Consume a healthy breakfast before school!
- + Make sure your child gets enough sleep. Getting enough sleep can improve their mental, emotional and physical health.





## How can I help my child with his or her weight?

### Here are some do's and don'ts.

Accept and love your child at any weight. Doing so will boost self-esteem.

Involve the whole family in following healthy habits, even if other family members are not overweight.

Focus on healthy eating, regular physical activity, and adequate sleep, rather than a number on the scale.

Help your child find ways other than food or beverages to handle setbacks or mark successes.

Talk with your health care professional to get trusted advice about addressing your child's health habits and weight. The internet is full of misinformation that may be hard to distinguish from good advice.







Remember! Everything in moderation!





Remember, you play the biggest role in your children's lives. You can help your children learn healthy eating, physical activity, and other habits to follow for the rest of their lives.

# The Importance of Movement and Activity





# Sleep and Bedtime Routine

---

**01**

## How much?

The average child between age 6-12 needs approximately 9-12 hours of sleep

**02**

## Routine

Establish a bedtime routine



**03**

## How?

Activity during the day equals good sleep at night



# Organized Sports/Activities

---

## Organized Sports/Activities

**5+**

**Soccer**

**6+**

**Karate/Taekwan  
Do/Dance**

**7+**

**Basketball**

## Organized Sports/Activities

**8+**

**Baseball/Softball**

**10+**

**Volleyball**

**12+**

**American  
Football**



# Crossing the Midline



- The “Midline” is the middle of your body if you drew a straight line down. Teaching babies, toddlers, and young children to cross the midline is important in the development of literacy and dexterity.
- Babies need to learn to crawl before they walk. Crawling requires babies to cross the midline and move limbs in a right arm/left leg and left arm/right leg manner.
- As children get older, skipping is important in the same way.
- Crossing the midline helps with literacy and how children track words in a left to right motion.
- As children get older, crossing the midline in activities such as Cup Stacking, helps them use both hands and become more ambidextrous which will help them in many sports and activities.
  - [All about crossing the midline](#)