

*HELPING
CHILDREN
DEVELOP
HEALTHY
HABITS*

(1 Training Hour)

LifeTech Instructional Services
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WHAT YOU NEED TO KNOW:

Each day your children make health choices that affect their future quality of life. The kind of food they eat, along with their activity level and other lifestyle choices, can become habits that determine their lifelong physical and emotional well-being.

Unfortunately, too many American children are already at risk for health problems usually associated with sedentary adults. According to the U.S. Office of the Surgeon General, the rate of childhood obesity has more than tripled over the past 30 years.

As a result, these children are at an increased risk for heart disease, diabetes, high cholesterol, sleep apnea, asthma, orthopedic problems, hypertension and other serious health problems as they grow older.

Your children need you to help them make smart health choices. You are the best one to teach them smart choices.

This publication contains tips, tools and resources to help. As with other lessons, children should learn from your example. They need to see you making healthy choices.

DID YOU KNOW?

A balanced diet and physical activity help children?

- Grow and develop.
- Concentrate and learn.
- Build strong bones and muscles.
- Maintain a healthy weight.
- Take in vitamins and nutrients.
- Feel good about themselves
- Become healthy and productive adults.

DO NOT SMOKE:

Using tobacco is one of the most dangerous things you and your children can do. According to the Center for Disease Control and Prevention (CDC):

- More than 443,000 Americans die each year from smoking-related illnesses.
- Teens who only smoke small amounts daily are still at high risk of becoming addicted.
- Smoking harms nearly every organ of the body, causing many diseases and reducing the health of smokers in general.
- Smoking and other tobacco use cause more preventable illnesses and deaths than anything else.
- Children whose parents smoke have a higher risk of ear infections, asthma, bronchitis and pneumonia.
- Smokeless tobacco products are not a safe replacement for smoking. Youth who use smokeless tobacco are more likely to become adult cigarette smokers.

If you do not use tobacco, do not start. If you do, quit. For information and help with quitting, visit the American Cancer Society (ACS) at www.cancer.org.

INCREASE PHYSICAL ACTIVITY:

Children, like adults, need to be physically active most days of the week. The National Institutes of Health (NIH) recommend at least 60 minutes of moderate physical activity every day.

BENEFITS:

Physical activity is good for children's physical, psychological and social well-being. Being active can help:

- O - Control weight.
- O - Reduce the risk of diabetes and some forms of cancer.
- O - Reduce blood pressure.
- O - Decrease the risk of cardiovascular disease.
- O - Lower cholesterol
- O - Improve self-confidence and self-esteem.

Encourage your child to be physically active every day.

BE A ROLE MODEL:

When children observe you being physically active and having fun, they are more likely to make physical activity a part of their lives.

IMPROVE THE FAMILY:

The whole family can enjoy activities such as hiking, biking, dancing, basketball, swimming or roller skating. Plan outings to the zoo, park, museums or miniature golf courses, where walking is a fun part of the activity. You can also include children in household activities such as walking the dog, washing the vehicle or doing yard work.

LIMIT SCREEN TIME:

The more time children spend watching television, playing video games, cell phones or spending time on the computer, the more likely they are to be overweight. The American Academy of Pediatrics (AAP) recommends limiting screen time to 1 to 2 hours daily. The AAP does not recommend television viewing for children younger than 2 years of age.

- ❖ Replace screen time with family game time. Your children will enjoy the extra time with you.
- ❖ Read a book to your children, or have each family member choose a book to read individually. Set aside time to talk about what you are reading.
- ❖ Go outside and play catch, go for a family walk, play hopscotch or have jump rope contest, etc. Let each child select an activity they enjoy.

MAKE IT FUN:

Exercise should be fun, not work. Allow your children to find activities or sports that help them feel good about their abilities.

Many children become active through team sports. Others prefer individual sports such as tennis, swimming or martial arts. In addition, you can encourage lifelong physical activities such as biking, walking, running or hiking.

It does not matter what type of physical activity your child prefers to do, as long as they are not sedentary.

EAT HEALTHY FOODS:

According to the National Institutes of Health (NIH), a healthy diet helps children grow and learn. It also prevents obesity and weight-related diseases such as diabetes. The following guidelines can help teach your children good eating habits.

INSTEAD OF:

- o Fried and processed foods
- o White breads and desserts
- o Meats high in fat
- o High-fat ice cream, butter, cheese, cream or whole milk
- o Sweetened and caffeinated drinks
- o Highly salted canned and processed foods

FILL UP ON:

- o Fresh fruits and vegetables
- o Whole grains, breads and cereals
- o Lean meats, poultry and legumes such as beans, peas and lentils
- o Low-fat, skim or non-fat dairy products (milk, yogurt or cheese)**
- o Water, unsweetened and decaffeinated drinks
- o Fresh foods with herbs and spices

*** The American Academy of Pediatrics says infants should drink formula or breast milk at least until 12 months of age for proper development. From 12 months to 2 years of age, supplement with or switch to whole milk and full-fat dairy products such as yogurt and cheese for appropriate calcium, protein and fat intake. With normal growth and a pediatrician's approval, children may switch to low-fat milk and dairy products after 2 years of age.*

START EARLY:

Although it is never too late to begin teaching your children healthy eating habits, it is best to begin early before they develop bad habits that may be difficult to break. The United States Department of Agriculture Food Guide Pyramid shows the importance of combining physical activity with healthy eating. Visit the interactive website at www.choosemyplate.gov/index.html to determine the amounts and kinds of foods that are right for you and your child.

AVOID OVERFEEDING:

Parents can unknowingly teach unhealthy food-related behaviors that lead to overeating. The following guidelines can help you avoid this problem.

DO NOT:

- o - Use sweets or food treats to reward good behavior.
- o - Make children clean their plates.
- o - Eliminate all sweets and favorite snacks.

INSTEAD:

- o - Offer affection and time to enjoy special activities with you.
- o - Help children learn to eat only when hungry and to stop when satisfied.
- o – Teach children to exercise self-control by enjoying treats in moderation.

SERVE BREAKFAST:

Breakfast is an important meal for children of all ages. Eating breakfast:

- ❖ Provides a critical source of calories, fiber and iron.
- ❖ Improves attention span, concentration and learning ability.
- ❖ Improves problem-solving ability, mental performance, memory and mood.
- ❖ Helps maintain a healthy weight.

Breakfast should provide variety through the use of whole grains, fresh fruit and low-fat dairy or other protein.

Healthy Breakfast Options:

- Low-sugar, whole grain cereal with fresh fruit.
- Cereal bar, banana and low-fat milk.
- Whole-wheat toast thinly spread with peanut butter.
- Oatmeal with low-fat milk and sliced apple.

PROVIDE FRESH FRUITS AND VEGETABLES:

Fresh fruits and vegetables are low in calories and packed with essential vitamins, minerals, fiber and disease-fighting phytochemicals. Every member of your family should eat 5 to 9 servings each day to enhance immune systems, reduce the risk of certain diseases and cancers and control weight. Visit www.5aday.gov for information on serving amounts for children of various ages.

BUY HEALTHY FOODS:

Children learn to eat what is available to them at home.

- ❖ Keep ready-to-eat fresh fruits and vegetables available. Make them part of every meal.
- ❖ Buy nutritious snacks, such as yogurt, crunchy granola bars, whole-grain crackers and low-fat cheese.
- ❖ Serve lean meats.
- ❖ Choose whole-grain breads and cereals.
- ❖ Limit low-nutrient, high-calorie snacks, such as chips and candy.
- ❖ Limit sugary sodas and fruit-flavored drinks.

PACK HEALTHY LUNCHES:

If your children take lunch to school, consider the following foods:

- ❖ Fresh fruits and vegetables.
- ❖ Whole-wheat bread, crackers, rice, pasta, potatoes.
- ❖ Peanut butter, lean sandwich meat.
- ❖ Yogurt, low-fat milk, low-fat cheese.

Allow children to select their favorite foods from these categories:

- ❖ Top mini bagels with peanut butter and jelly or lean lunch meat.
- ❖ Pack spreads chicken and tuna salad. Let kids spoon them onto whole-wheat crackers.
- ❖ Include bite-size fresh fruit, such as grapes or strawberries.
- ❖ Offer raw veggies, such as baby carrots or red pepper strips, to dip in low-fat dressing.

SHARE FAMILY MEALS:

Family meals are a special time for you and your children. Research shows that children in families that have at least five meals together each week tend to practice good eating habits. They consume more.

- ❖ Vegetables.
- ❖ Calcium-rich food.
- ❖ Dietary fiber.
- ❖ Essential nutrients.

DEVELOP HEALTHY HABITS:

Your children need to learn healthy lifestyle habits to help prevent illness and disease. These habits include avoiding obvious risky behaviors such as using tobacco. Simple behaviors such as using sunscreen and getting enough sleep can improve their quality of life.

BASIC HYGIENE PRACTICES:

Teach children to:

- ❖ Regularly and thoroughly wash their hands.
- ❖ Cover their mouths with a tissue when they sneeze or cough.
- ❖ Not share food or drink with others.

Children should wash their hands with soap and water for 20 seconds. When soap and water is not available, use an alcohol based gel. These simple steps can help reduce the spread of contagious illnesses.

PROTECT CHILDREN'S SKIN:

Sun exposure is linked to the most common form of cancer –skin cancer. The ideal way to protect children's skin is to keep them out of the sun altogether. Because that is not realistic or desirable, make sure children:

- ❖ Wear sunscreen rated SPF 15 or higher.
- ❖ Wear protective clothing and a hat.
- ❖ Avoid sunbathing.
- ❖ Avoid sun exposure between 10:00 a.m. and 4:00 p.m.
- ❖ Wear sunglasses that block as close to 100 percent of both ultraviolet A (UVA) and ultraviolet B (UVB) rays as possible.

MAKE SURE THEY FLOSS:

Healthy teeth and gums help keep children healthy overall. Daily brushing and flossing keep harmful bacteria from entering the bloodstream and infecting major organs. When it comes to children's teeth remember the basics:

- ❖ Brush twice daily and floss regularly.
- ❖ Use a new toothbrush every 3 months or when bristles begin to fray.
- ❖ See a dentist annually for professional cleanings and screenings for periodontal disease.
- ❖ Avoid sweets and starchy and sticky foods to prevent tooth decay.

MAINTAIN REGULAR BEDTIMES:

Sleep is vital for children’s proper mental and physical development. Sleep helps children:

- Perform well in school.
- Maintain a healthy weight.
- Develop memory, learning and logical reasoning abilities.
- Avoid depression and anxiety.

AVERAGE SLEEP NEEDS**

<u>AGE</u>	<u>SLEEP NEEDS</u>
Newborns (0 to 2 months)	12 to 18 hours
Infants (3 to 11 months)	14 to 15 hours
Toddlers (1 to 3 years)	12 to 14 hours
Preschoolers (3 to 5 years)	11 to 13 hours
School children (5 to 10 years)	10 to 11 hours
Teens (10 to 17 years)	8 to 10 hours
Adults	7 to 9 hours

**Source: The National Sleep Foundation

USE MEDICATIONS PROPERLY:

Today’s medications are safer and more effective than ever before, but they can be dangerous if used improperly. When administering medications to your children, remember the following:

- ❖ Know what you are giving your child and why, proper dosage, possible side effects and what your child should avoid while taking the medication.
- ❖ Inform your physician of all medications your child may be taking.
- ❖ Administer only as prescribed. Do not change your child’s dosage or give one child medication prescribed for another.
- ❖ Do not use prescriptions after the expiration date.
- ❖ Know when to expect improvement. Call your physician if a medication does not seem to be working properly or your child experiences an adverse reaction.

SEE THEIR PHYSICIAN:

Make sure your children see a pediatrician or other health care provider on a regular basis and make sure their immunizations are up-to-date. In addition, you should obtain and maintain thorough up-to-date medical records for each child.

MAKE HEALTHY CHOICES:

Whether your children are infants or teenagers, it is never too late to teach them to make healthy choices. Remember that your actions speak louder than words. Parents who eat right, exercise and have healthy habits are more likely to raise healthy and active children.

Together, you and your family should remember the following:

- ❖ Do not smoke.
- ❖ Increase physical activity.
- ❖ Eat healthy foods.
- ❖ Develop healthy habits.

As your family adopts a healthier lifestyle, you and your children will feel better, look better and perform better. At the same time, you will reduce the risk of acquiring certain diseases and conditions. If you teach and practice healthy habits now, you can help your children be healthy for life.

CHILDREN DEVELOPING HEALTHY HABITS:

(One training hour)

TEST

Student Name: _____ Date: _____

Instructions: Read each of the following questions carefully and CIRCLE your best answer.

1. A balanced diet and physical activity help children?

- A. Grow and develop
- B. Concentrate and learn
- C. Become healthy and productive adults
- D. All of the above

2. According to the U.S. Office of the Surgeon General, the rate of childhood obesity has more than tripled over the past 30 years?

- A. True
- B. False

3. Smokeless tobacco products are not a safe replacement for smoking and youth who use smokeless tobacco are more likely to become adult cigarette smokers?

- A. True
- B. False

4. The National Institute of Health (NIH) recommend at least how many minutes of moderate physical activity every day.

- A. 45
- B. 20
- C. 60
- D. 30

5. The (AAP) American Academy of Pediatrics does not recommend television viewing for children younger than 3 years of age.

- A. True
- B. False

6. Being active can help?

- A. Decrease the risk of cardiovascular disease
- B. Increase blood pressure
- C. A only
- D. B only
- E. Both A and B

OVER→→

7. The A.A.P. says infants should drink formula or breast milk until 12 months of age for proper development.

- A. True
- B. False

8. Children should wash their hands with soap and water for?

- A. 20 seconds
- B. 40 seconds
- C. 10 seconds
- D. 30 seconds

9. Sleep is vital for children's proper mental and physical development. Sleep helps children.

- A. Perform well in school and maintain a healthy weight
- B. Develop memory, learning, and Logical reasoning abilities
- C. Avoid depression and anxiety
- D. All of the above

10. According to the National Sleep Foundation, teens (10 to 17 years) should get 8.5 to 9.25 hours of sleep.

- A. True
- B. False

FILL OUT YOUR INFORMATION BELOW AND SEND YOUR COMPLETED ANSWER SHEET TO THE ADDRESS BELOW.

INCLUDE YOUR CHECK or MONEY ORDER FOR \$ 5.00 (PER TEST)

NAME: _____
ADDRESS: _____
PHONE: _____
EMAIL: _____
PRESCHOOL NAME: _____

MAIL TO:

**Lifetech Instructional
1423 Wisconsin Avenue
Palm Harbor, Fl. 34683**