



Make Breakfast Count!

Get on the right track.

Start the day with a
healthy breakfast.



Cold Weather Fun!

Move together as a family. Go sledding or have a dance party!

Adapted from Team Nutrition



Healthy Celebrations

Teach children to enjoy healthy foods and activities at celebrations.



Growing Great Tasters

Encourage children to try just “one bite.”

Adapted from Team Nutrition



Build Children Up with Words!

Positive words give
children confidence
and help them grow.



An Hour a Day to Play!

Children need at least 60 minutes of physical activity each day.



Reduce Screen Time

Aim for no more than 1 hour a day, including TV, computers, video games and apps.



Water First for Thirst!

When your child says,
“I’m thirsty,” offer water
before any other drink.



Good Rest is Best

Children need lots of
rest to stay healthy.



Take Time for Meals

Mealtimes are a great time to be a positive role model for children.



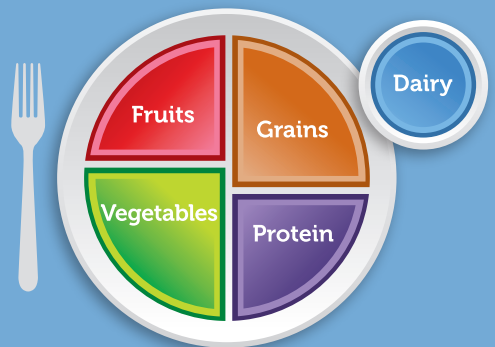
Make Snacks Count!

Think of snacks as mini meals.



Make Each Plate a Healthy Plate

Make half your plate veggies and fruits, add lean protein, include whole grains and don't forget the dairy.





Breastfeeding Welcome Here

Welcoming breastfeeding helps moms and babies get off to the right start.