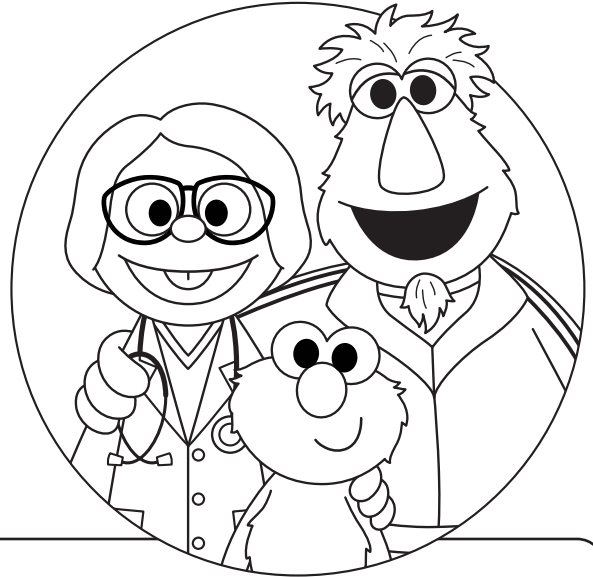


# S is for Staying Healthy

You already do so much to keep your child healthy, and conversations with your child’s health care providers can make a huge difference. As you wait for your appointment, consider these four areas and think about what else you might try to help children grow and thrive. Bring this page to your appointment and set goals together! You might choose one goal in each area (because a little change goes a long way).



## SLEEP

How much sleep\* does your child need?

- infants (0–3 months): 14–17 hours
- babies (4–12 months): 12–16
- toddlers (1–2 years): 11–14
- preschool (3–5 years): 10–13

What might help your child get more sleep?

- **Stick to a routine**, such as “BBB”: bath, brushing teeth, and reading a book, so children know what to expect.
- **Cuddle Buddies**: let your child choose a special stuffed animal or blanket to sleep with.
- **Make bedtime the same time** every night.

\*including naps

## SCREEN TIME

Children younger than 18 months should have no screen time (besides video chatting).

- **18 to 24 months**: Choose high-quality programming or apps and use them together with children—this is how toddlers learn best!
- **Ages 2 and up**: 1 hour or less per day of high-quality programming.

When it’s time to turn off the devices, you might:

- **Read** a book (if you don’t have a library card, visit the library to get one!).
- **Draw** (together, or children can draw independently).
- **Walk** outside.
- **Play** together with board games and toys.

## SIPS, SNACKS, AND MEALS

- **Offer water and milk** rather than soda. If you serve juice, choose juice with no added sugar and water it down.
- **Eat a rainbow** — try to eat fruits and vegetables in many colors of the rainbow (aim for 5 servings a day).
- **Introduce the sometime/anytime food rule**. Anytime Foods are foods we can eat every day, like fruits and vegetables, lean proteins, and whole grains. Sometime Foods are treats we should only enjoy once in a while, like cookies, chips, sodas, and other snacks high in sugar, fat, and salt.

## SELF-CARE (ESPECIALLY FOR PARENTS!)

- **Belly breathe** to feel calmer. Take three slow, deep breaths in and out. Put your hands on your belly so you can feel it move out and in.
- **Plan quiet time** each day—even five minutes will help.
- **Ask for help** if you don’t have enough healthy food or a permanent safe place to live.