

Be a Healthy Role Model

Children look to those around them to learn. Show them that choosing healthy foods, being more physically active and spending less time in front of a screen are the best choices to make. Our actions and attitudes toward things have a powerful impact on the habits that our kids create.

Choose healthy rewards! When your child earns a reward for good behavior, academic excellence, etc., try to reward them with something that promotes healthy habits. Things to try are: positive attention (act very upbeat with your child and spend some alone “fun time” with them), choosing an extra book to read before bedtime, or let them play with an extra special toy. Take a look at our Non-Food Reward Ideas for Families handout for many more ideas!

Be More Active! You don't have to become a “gym rat” to be active. Go out for walks, take a bike ride, try gardening, play a community sport, or just do active things that you enjoy doing. If your child gets used to watching you live a more active lifestyle, he or she will likely follow in your footsteps!



Make healthy drink choices! Especially when you are around your children, try to choose unsweetened drinks, and limit or get rid of these items in your home. Focus on drinking lots of water and low-fat milk (if you are lactose-free there are many milk and dairy substitutes to try). You can still flavor your water, just try to use your own natural and fresh fruits and vegetables to flavor it yourself!

Make healthy food choices Choose healthier food options to keep in the house. Try to limit any unhealthy snacking or eating habits not only for your personal health, but also to show your kid(s) that healthy food options are the way to go! It doesn't have to be a burden (on your mind or wallet). Stock up on canned and frozen vegetables so they are always on-hand, and try to buy different fresh fruits and vegetables that are easy to grab for a quick snack! Other great snacks to have on hand include low-fat cheese and whole grain items (like crackers).



Go Lean on the Screens! If you are doing something other than watching a television show or movie, turn off the TV (especially when you're eating)! This way it won't become a normal part of their day and it won't be a temptation. Also try not to use screen time as a reward for good behavior. Show them that there are other things to do besides watch TV, play video games, or sit on the computer.

For tips and more information be sure to check out our resource kit materials at: <http://www.healthynh.com/5-2-1-0-healthy-nh>

