



WIC Healthy Family Newsletter
Spring 2003

Keep Your Family Fit and Healthy!

When was the last time you spent time outside with your kids playing a game of chase or hide-and-go-seek? And when was the last time the whole family sat down and enjoyed a healthy meal together? We should all stay active and eat nutritious foods. So why not make good health a family goal? Here are some tips that can help:

For families with babies:

- Take time every day to play, talk, and sing to your baby. Learning begins with play.
- Put your baby on a clean floor and let him move his arms and legs. When he is 7–8 months old, let him crawl around on the floor and safely explore his surroundings.
- Your baby's brain grows quickly, along with the rest of your baby, and babies need good nutrition to grow. Breastmilk is the best food for babies, and breastfeeding offers benefits for moms, too.

For families with toddlers (1-2 years):

- Remember that children this age need to be active to grow and develop. Let your child play with toys that push and pull. Roll a ball back and forth to each other. Take turns kicking a ball toward a simple target.

- Enjoy a playful game of chase with your child. Reward your child with a hug when the game is over.
- Instead of sodas and fruit drinks, offer milk, juice, and water (these are good choices for adults, too). And remember, after 1 year of age, your child doesn't need a bottle.

Be a good role model! When it comes to food and fitness, you are your child's first and most important teacher.

For families with preschoolers (3-5 years):

- Teach simple outdoor games like "You're It!" Playing helps your child learn new skills, and how to get along with others.
- Encourage your child to play outside each day and join him whenever you can. If it's raining, turn on some music and dance inside together.
- Keep in mind that children this age need planned activity as well as free play.
- Provide at least 5 fruits and vegetables each day for everyone in the family — yourself included.