

# You Can Help Your Children Stay Strong and Healthy

As a parent or caregiver, you are the most important teacher for your children. You can show them how to stay healthy. You can give them information and model good habits to lead healthy, happy lives.

## Get Enough Sleep

- Have regular bedtimes. Set a routine that happens every night, like brushing teeth, reading a story, then going to bed.

## Be Physically Active Every Day

- Do some type of physical activity every day. Make it a family activity, like riding bikes, going for walks, or playing basketball.
- Limit "sitting time" for yourself and your children. Schedule time to turn off screens. Instead do family projects like taking care of pets, gardening, gathering wood, or learning your traditional dances.

## Eat Healthy Foods

- Establish regular meal times and offer healthy snacks between meals.

- Eat at least one meal a day together as a family and talk about pleasant topics.
- Eat at a table away from televisions, cell phones, and computers.
- Teach your children to pay attention to their bodies' hunger and fullness messages. Let them know it is OK to stop eating when they feel full.
- Have your children join you in menu planning, preparing meals, and cleaning up.

## Be Happy and Laugh Often

- Have fun with your children. Be positive. Laugh often. If you are unhappy for a long period of time, talk to a spiritual counselor or health care provider.

## Connect to Nature and Spirit

- Take a walk through nature. Connect to your spiritual practice by praying, going to church, or participating in traditional ceremonies. This will help limit stress for yourself and your children.

