

Healthy, Happy Kids Checklist

Take a good, honest look at your family's habits. Congratulate yourself for each "yes" answer to these statements. For each "no," think about what small changes can improve your family's lifestyle, one area at a time. You have what it takes to help your kids be healthy and happy.

NOURISHED KIDS

- We each begin our day with a nutritious breakfast.
- Each meal is made up of three to four food groups from Canada's Food Guide.
- We all try to eat at least five servings of vegetables and fruit each day.
- As often as possible, we choose whole grain products, instead of white pastas, rice and bread.
- We eat together almost every day.
- We have pop and other sweetened drinks only once in a while.

ACTIVE KIDS

- We are active together as a family every day.
- My children get at least 90 minutes of physical activity each day (60 minutes of moderate activity and 30 minutes of vigorous activity).
- My children play outside most days of the week.
- My children's screen time is limited to two hours per day.
- My children do not have televisions in their bedrooms.
- I support my children to be physically active and encourage them to try new things.

HAPPY KIDS

- I help my children deal with stress, anger and frustration by calmly "talking it out."
- I take the time to talk to my children about their day.
- I ask my children's opinion when making decisions.
- I delegate simple tasks to develop my children's sense of responsibility.
- I set fair rules and stick to them, knowing it's okay to say "no" sometimes.
- My children get about 10 hours of sleep each night.