

Counting down to a healthy lifestyle

Ages
2-4



10

or more hours of sleep

- Keep your child's nap and bedtime routines as consistent as possible every day.
- Create a calming bedtime routine with quiet music, story time or a bath before bedtime.
- Keep the bedroom quiet and the lights dim.
- Consider giving your child a security item such as a stuffed animal or blanket.
- Be ready to address delay tactics by being gentle, yet firm, that bedtime is now.



4

or more vegetables and fruits

- Offer vegetables and/or fruit at every meal and snack.
- Eat meals or snacks together as often as you can. Children are more likely to try foods when they see others enjoying them.
- Avoid giving your child snacks that are high in sugar, fat and salt.
- Try a new vegetable every week. Ask your child to help pick it out. It could take 10 or more times before children taste and accept a new food, so keep on trying!
- Appetites can vary day to day. Offer small portions to start and let your child decide if he or she would like more.
- To find out how to help your child eat well, visit nutritionscreen.ca.



3

or more hours of physical activity throughout the day

- Choose activities that get your toddler or preschooler moving, such as climbing the stairs and moving around the house on their own.
- Let your child play outside and explore.
- Walk together to the store, park or a friend's house.
- Have children practise movement-based skills such as hopping, kicking and catching.
- As a family, be active together and as a parent, model a physical lifestyle for your child.
- Dress your child for all types of weather so he or she can be active outside all year long.



1

hour or less a day watching screens or being inactive

- Set limits and have rules about screen time (computers, TV and hand-held devices).
- Keep TVs and computers out of bedrooms.
- Limit time in strollers or car seats.
- On long car trips, stop for play breaks.
- Break up sitting time with busy play and activities.



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sugar-sweetened drinks

- Offer children water throughout the day. Pack reusable water bottles for outings.
- Offer two cups of cow's milk or an unflavoured milk alternative each day, but do not offer more than three cups in a day, as it may affect your child's appetite.
- At meals and snack times offer all drinks in an open cup.
- If offering juice, only offer 100 per cent real fruit or vegetable juice and no more than $\frac{3}{4}$ cup each day. Choose whole vegetables and fruits more often than juice.
- Do not offer sugar-sweetened drinks such as pop, fruit drinks, energy and no nutrients.

Also remember:

Parents decide when, when and where foods are served. Children decide whether to eat and how much to eat.

