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 fruits and vegetables

- Offer plenty of vegetables and fruit at every meal and snack. Make half the plate vegetables and fruit.
- Eat meals or snacks together often. 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. Be aware of food marketing that targets children.
- Try a new vegetable every week. Ask children to help pick it out. It could take 10 or more times before children taste and accept a new food, so keep trying.
- Offer fresh, frozen or canned vegetables and fruits with little added sodium or sugar. They are all healthy options.
- To find out how to help your child eat well go to http://www.nutritrionscreen.ca/
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.

0 sugary drinks

- Offer water as your drink of choice.
- Pack reusable water bottles for outings. Ask for water with meals when eating out.
- Offer unsweetened white milk or unsweetened fortified soy beverage.
- At meals and snack times offer all drinks in an open cup.
- Do not offer sugary drinks such as juice, pop, fruit drinks, energy or sport drinks that contain few or no nutrients and have too much sugar.

Also remember:
- PARENTS decide what, when and where foods are served.
- CHILDREN decide whether to eat and how much to eat.

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.

Adapted with permission from Toronto Public Health.