

HEALTHY HABITS



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Don't Overdo It!

THE CHILDREN'S CENTER



Parent Tip Sheet #14



The simple premise behind Discover CATCH: Early Childhood is to create and maintain good health habits for our children, preparing them for a healthy future.

Completely eliminating TV, video games, soda, junk food and other unhealthy options may not be the most effective way to get through to your children. Restriction of these things completely might cause your child to become psychologically addicted to these things, triggering a negative response to the

healthy alternatives. In moderation, it is okay to let kids be...well, kids! The goal is to educate families of the consequences that accompany an unhealthy lifestyle and present healthy ways to take care of our bodies. Through education, children will learn to love healthy foods because they will help them grow big, strong and healthy.

Try this!

Make fizzy juice!

Mix one part 100% fruit juice with one part club soda

OR

Chop up fruit and add it to ice cube trays with water. Freeze them and add to water to add a colorful new twist on water!



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COORDINATED APPROACH TO CHILD HEALTH