



## Talking to Parents and Caregivers about Nutrition and Physical Activity

Recommended Messages that Promote Physical Activity	
<ul style="list-style-type: none"> <li>▪ Strive for <b>1-2 hours of active play</b> throughout the day (combinations of staff or parent-led activities, free play, and outdoor play).</li> <li>▪ Remember to include appropriate physical activity opportunities for children with <b>special needs</b>.</li> <li>▪ <b>Join your child</b> during active play.</li> <li>▪ Provide a <b>shaded area</b> for outdoor play when possible.</li> <li>▪ <b>Avoid withholding active-play</b> time as punishment for your child.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Encourage your child not to sit for <b>longer than 30 minutes</b>, except when sleeping or eating.</li> <li>▪ <b>Limit screen time</b> as recommended by the American Academy of Pediatrics* <b>Under 2</b> years of age: No screen time. <b>Over 2</b> years of age: Maximum of two hours per day of quality screen time. This includes preschool and home viewing combined.</li> </ul> <p><i>*Screen time = television, computer, tablet, video games, movies and handheld devices.</i></p>

Recommended Messages that Promote Good Nutrition	
<ul style="list-style-type: none"> <li>▪ Ensure <b>access to water</b> throughout the day, especially at meal times.</li> <li>▪ Serve <b>whole grains</b>, which are higher in fiber and nutrients (whole grain breads, cereals, pasta, tortillas, crackers, etc.).</li> <li>▪ <b>Limit high-sugar/low-fiber</b> products.</li> <li>▪ <b>Limit high-fat and high-sodium</b> foods, such as processed meats and deep fried foods. Instead, serve lean protein (lean cuts of meat, poultry, fish, beans, lentils, tofu, etc.).</li> <li>▪ <b>Use low-fat cooking methods</b> (baking, steaming, microwaving, roasting, boiling, broiling, grilling, etc. Avoid deep-frying).</li> </ul>	<ul style="list-style-type: none"> <li>▪ <b>Serve healthier fats:</b> These include liquid vegetable oils, nuts/nut butters/seeds, avocados, olives, fish.</li> <li>▪ <b>Reduce saturated fats:</b> These come from animal sources, such as red meats, full-fat dairy products (butter, full-fat cheese, whole milk), and lard.</li> <li>▪ <b>Eliminate trans fats</b> (partially hydrogenated oils): These are found in some baked goods, fried foods and processed snack foods. Check labels!</li> <li>▪ <b>Limit juice.</b> If serving juice, it must be 100% juice and limited to 4-6 oz. per day. Do not serve sugary/sweetened beverages such as punch, Kool-Aid, soda, Gatorade or energy drinks.</li> </ul>

Recommended Messages that Promote Breastfeeding	
<ul style="list-style-type: none"> <li>▪ Breast milk has antibodies that help protect infants from illness.</li> <li>▪ Breastfed babies have less risk of ear infections, stomach viruses, diarrhea, respiratory infections, asthma, obesity, and childhood leukemia.</li> <li>▪ Premature babies do better when breastfed compared to those who are fed formula.</li> <li>▪ Breastfeeding is linked to a lower risk for type 2 diabetes, breast cancer, and postpartum depression.</li> <li>▪ Moms who breastfeed tend to lose more weight than those who use formula.</li> <li>▪ There are no bottles and nipples to sterilize.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Colostrum, the thick yellow first breast milk that mothers make is known as <i>liquid gold</i> because it is rich in nutrients and antibodies to infection.</li> <li>▪ Breastfeeding may be linked to improved brain development and intelligence.</li> <li>▪ Breastfeeding reduces risk for Sudden Infant Death Syndrome (SIDS).</li> <li>▪ Breastfeeding can save between \$1,160 and \$3,915 per year.</li> <li>▪ <i>All babies—bottle and breastfed—benefit tremendously from being held and cuddled, which helps them grow and feel secure.</i></li> </ul>