

A weekly resource
for your well-being

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A TIP FOR TENNESSEANS

April 18, 2017

Model Healthy Habits, For Kids' Sake.

If you want your kids to live a healthy lifestyle, it's important for you to live a healthy lifestyle, too. But for many busy parents and caregivers, that's often easier said than done. Eating meals together and sleeping well can be the habits that kids learn and copy from an early age. And doing them regularly can affect children's weight, mood, behavior and the ability to learn or perform tasks, just like it can for adults.¹

The best role model for your kids is you. And you can help them develop healthier eating and sleep habits that can benefit their overall health and well-being for a lifetime.

Food tips:

- **Start early.** Introduce a variety of fruits and veggie baby foods, then move up to whole versions of table foods as they grow.
- **Keep role modeling.** Make sure all adult family members are eating a [variety](#) of healthy foods so kids are likelier to copy your behaviors.
- **Keep trying.** Kids saying "no" to broccoli? Don't give up. It can take 10 - 15 exposures to a food item before they "like" it.
- **Make little changes.** Simple swaps like fruit snacks instead of cakes or candy can be a nutritional plus for kids. Or try whole grain pasta and water over sodas to make meals and snacks healthier.

Sleep tips:

- **Get enough.** Here's how much sleep kids



Family Resources At Your Fingertips

Being a parent or caregiver comes with a lot of questions as kids grow. Visit kidcentraltn.com for a wealth of information about child health, education, family support and state services that can help you and your kids live well.

Also, check out the healthierTN.com Small Starts[®] page for fun, simple ways to get healthier every day. You can download their free [Streaks for Small Starts](#)[™] app on your mobile device to keep you motivated and connected to friends who are also making healthy choices.



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- Birth to 12 months: 14 to 16 hours
 - 1 to 3 years: 12 to 14 hours
 - 3 to 6 years: 10 to 12 hours
 - 7 to 12 years: 10 to 11 hours
 - 12 to 18 years: 8 to 9 hours
- **Keep a schedule.** Wake your kids up at the same time every morning and have them go to bed at the same time each night, even on weekends.
 - **Power down.** Help kids [unwind](#) after dinnertime and before it's time for sleep. Turn off the TV, computer, and lights when it's close to bedtime. Give your child 10-15 minutes to fall asleep once he/she is in bed.



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You can realize your best health and well-being when given the proper support. Healthways meets you where you are and takes you where you want to go, creating better health and well-being for a better you.



Sources:

¹"How Does Lack of Sleep Affect People?" ShareCare, Web. 27 March 2017. | ²"How Much Sleep Do Children Need?" ShareCare, Web. 27 March 2017. | "Why Should I Practice Healthy Habits If I Have a Child?" ShareCare, Web. 27 March 2017. | "When Do Kids Start Forming Habits?" ShareCare, Web. 27 March 2017. | "What Are More Ways to Help Kids Develop Healthy Eating Habits?" ShareCare, Web. 27 March 2017. | "How Can I Change My Child's Sleeping Habits?" ShareCare, Web. 27 March 2017. | "How Does Getting Enough Sleep Benefit the Brain?" ShareCare, Web. 27 March 2017. | "Food Groups." Choosemyplate.gov, 16 June 2015. Web. 27 March 2017 | "Before Bedtime." PBS Parents, Web. 27 March 2017.

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