



December 2013

Healthy Happy Holidays!

Keeping young children healthy during the holiday season is a challenge. Here are some ideas to help them eat better, be more active, and rested.



- ◆ Keep their regular routine – mealtime, snacks, naps, bedtime.
- ◆ Have nutritious snacks like fruits and veggies and bottled water within view.
- ◆ Do not bring into the house holiday snacks, candy, and chips.
- ◆ Prepare healthier versions of traditional dishes, i.e. fat-free yogurt vs heavy cream.
- ◆ Ask friends and relatives not to give candy and cookies as gifts. Ration any received.
- ◆ Avoid food battles at festivities, even if you need to feed your child before you leave home.
- ◆ Let them help in the kitchen – putting veggies on a tray, adding ingredients, getting out pans.
- ◆ Limit stationary activities like television watching.
- ◆ Plan to do things THEY enjoy requiring ‘active’ play.

Happy
Holidays!



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