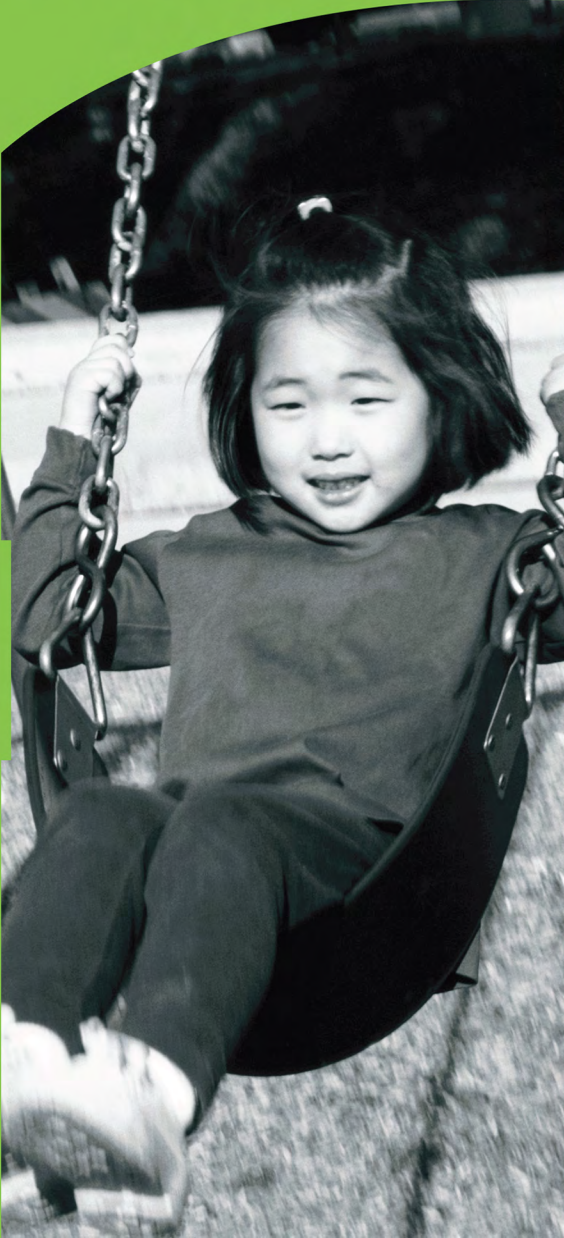


Mississippi State Department of Health

WIC

Women, Infants & Children Program

Healthy Active Child



## HEALTHY ACTIVE CHILD

Active kids are healthy kids. Your child needs to be active for at least 30 to 60 minutes each day.

### BEING ACTIVE:

- Helps your child's brain grow.
- Teaches your child through play.
- Allows your child to learn new skills.
- Helps your child use her imagination and discover new things.

*Children need to do things over and over in order to do them well.*

### WHAT KINDS OF PLAY DO CHILDREN LIKE?

- Copying parents doing activities.
- Playing with toys they can push and pull.
- Dumping things out of containers.

*Be a role model: play with your child every day.*



Is your child getting enough daily activity? If not, what are some games or activities you would like to try with your child?

HOW CAN I MAKE ACTIVITY FUN AND ENCOURAGE MY CHILD TO PLAY?

Enjoy spending time outside with your child. Find activities you both enjoy.

Encourage your child to play outside every day.

Arrange playgroups so your child can play with other children.

Have in mind rainy day games for those days you cannot play outside.

OUTSIDE GAMES  
FOR YOU AND  
YOUR CHILD:

Hide and seek  
Leapfrog  
Jump rope  
Hopscotch  
Rolling/kicking a ball



## INDOOR GAMES:

Dance to music  
Simon says  
Hide and seek  
Hop like a rabbit  
Gallop like a horse  
Roll like a ball



*Watching too much TV, playing video games, or sitting around the house can be unhealthy.*

The more TV children watch before the age of 3, the likelier they are to have attention problems at age 7. The American Academy of Pediatrics recommends that children under 2 not watch TV. For children over 2, limit this time to less than two hours per day.

## KEEP YOUR CHILD HEALTHY.

Being overweight in childhood can lead to other health problems, like high blood pressure and diabetes. Even if others in your household are overweight, your child can grow to be a normal weight and size if you help him.



## IMPORTANT TIPS TO KEEP YOUR CHILD HEALTHY:

- Be active with your child every day.
- Offer healthy snacks like fruit, yogurt, or dry cereal instead of chips, cookies, or cakes. It is best to offer snacks when your child is seated.
- Offer water, juice, or milk to drink instead of Kool-Aid, soda, or sweet drinks. Make sure your child drinks water throughout the day.
- Find ways other than food to comfort or reward your child.
- Enjoy spending time with your family by eating meals together.

## CHOKING HAZARDS

Teach your child that it isn't safe to run with things in his or her mouth—teething rings, suckers, or toys. When your child puts something in his or her mouth that doesn't belong, such as a coin, pencil, or peanut, take it away and explain, "Do not put this in your mouth. It might get stuck in your throat and hurt you."



For more information  
stop by your local health department, or  
call the Mississippi State Department of Health  
WIC office at 1-800-545-6747.



## MISSISSIPPI STATE DEPARTMENT OF HEALTH

**www.HealthyMS.com**  
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