



### What is Connect for Health?

With your doctor, Connect for Health supports families with children ages 2-12 to help them make behavior changes and get the care they need to work towards a healthy weight.


Learn more and check out our short videos on healthy behaviors and how to make changes at: [www.C4Hprogram.com](http://www.C4Hprogram.com)

### What do I do as part of the program?

1. Talk with the health care team today about ways your family can support your child in getting to a healthy weight. Ask if you should visit a nutritionist or other specialist.
2. Sign up for the Connect for Health text messaging program! Your health care team can sign you up, and we will send you 2 text messages a week for about a year, with tips to help you and your family be healthy.

**Be sure to tell your health care team the best cell phone number for the texts to be sent to!**

## Goals for Healthy Kids



What are you ready to work on?

### **Get the recommended amount of sleep.**

Two year olds need 11-14 hours including naps. 3-5 year olds need 10-13 hours a night, and 6-12 year olds need 9-11 hours a night. Better sleep makes for better moods, better learning, and better behavior!

### **Limit screen time to no more than 2 hours a day.**

Set limits for your child on when and how much they use screen media. And keep all screens off during meals. Even phones! This can help everyone sleep better and eat healthier foods.

### **Make every day an active day.**

Being active helps kids sleep, learn, and maintain their weight. Figure out what your child likes to do to be active and how to make it a part of every day. Build up to at least 1 hour every day.

### **Drink water. Have 0 sugary drinks.**

Soda, fruit drinks, fruit juice (even 100% juice!), sports drinks, and energy drinks usually have lots of sugar. Drink water when thirsty and water or plain milk with meals.

### **Establish a balanced nutrition plan with your family.**

Eat regular meals, together when you can, and with screens off. Make meals mostly vegetables and fruits, with whole grains (like brown rice, whole grain bread), proteins (like beans, chicken, eggs, fish) and small servings of dairy (plain yogurt, milk, cheese). Limit fast food to less than once a week.

### **Find people, places, and resources that can help you and your child lower stress.**

Lowering stress can help both kids and adults focus, sleep better, feel happier and more confident, and improve their overall health. Spend time with people who make you feel good about yourself and find places in your community where you can go for support.