

## Wellness Articles

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If you would like to be added to the distribution list for these articles, please email: [Rebecca.johnson2@albertahealthservices.ca](mailto:Rebecca.johnson2@albertahealthservices.ca). You will receive a monthly email containing articles for the upcoming four weeks.

An archive of past wellness articles is available at <http://www.albertahealthservices.ca/9966.asp>

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## Healthy tips for raising children

Raising children is a big job. It can be overwhelming to think about all the things your child needs to learn to stay safe and healthy.

In addition to teaching children good eating and activity habits, you can also teach them some basic health and safety habits.

Remember that your child learns habits by watching you. If you and the rest of your family follow healthy habits, your child will learn them from you. And if you have bad habits, your child will learn those too.

### Good general habits for a healthy life

Help your children learn to:

- **Think.** Children need to learn that actions have consequences. They need to learn the difference between fantasy and reality. Before your children act, encourage them to stop, take a breath, and think about the consequences.
- **Talk openly.** Encourage your children to talk about what is bothering them.
- **Relax.** Learn relaxation skills, and teach them to your children.
- **Eat well.** Encourage your children to learn about and enjoy healthy foods.
- **Be active.** Help your children find physical activities and hobbies they enjoy. Limit daily screen time (not including time for schoolwork).
  - No screen time for children younger than two years
  - One hour or less for children ages two to four years
  - Two hours or less for children five years and older.



### **Preventing illness**

Kids get dirty. They play with other kids who may be sick. Teaching them the following habits will keep them healthier:

- **Wash your hands** each time you use the toilet, after you blow your nose, and before you eat.
- **Don't share** hats, combs, toothbrushes, or other personal items with other children.
- **Cover your mouth** when you cough or sneeze.
- **Don't touch other children's blood**, urine, stool, or other body fluids.