

***Connect for Health* Pediatric Weight Management Program**

Family Materials - English

- Handouts
- Community Resource Guide
- Text-Messaging Library

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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

What do I do as part of the program?

1. Talk with the doctor 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 doctor 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 doctor 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.

Kids Need Sleep

- 2 year olds need 11-14 hours of sleep, including naps.
- 3-5 year olds need 10-13 hours a night.
- 6-12 year olds need 9-11 hours of sleep a night.

How long and how well a child sleeps affects their mood, behavior, and learning. Better and longer sleep has been linked to doing better in school.

Kids who do not get enough sleep are more likely to gain extra weight. When we get the sleep we need, our brains help us control hunger and cravings.

How can I help my child get the sleep he needs?

Have a set bedtime routine.

- Have a bedtime routine that helps your child get calm and ready for sleep every night.
- Try to put your child to bed at the same time each night, even on weekends.
- Turn all screens off 1 hour before bedtime.

Make the room where your child sleeps comfortable.

- Keep it cool, dark, and quiet—a fan can be used to block out background noise.
- Put in a nightlight if your child needs light.
- Use dark curtains or shades to keep light out.

Avoid caffeine.

- Having a drink with caffeine in it can make it harder to go to sleep.

Keep TV and all screen media (phones, tablets, computers, TV, video games) out of the room where your child sleeps.

- Looking at screens wakes up your brain and eyes and can make it harder to fall asleep.
- Avoid using TV to help a child fall asleep because it can make them not sleep as well.



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Good sleep helps with mood and behavior.
This can make parenting easier!

Screen Time Tips

Keep screen time to less than 2 hours a day.

What is screen time?

Screen time is time spent playing or watching on phones, tablets, TVs or computers. It does not include time doing homework on a computer.

In general, kids who spend less time in front of the TV...

- Do better in school
- Read more
- Sleep
- Eat healthier foods
- Weigh less
- See less violence

How do I keep my child's screen time to less than two hours?

Set Limits.

Plan what to watch or do for no more than two hours of screen time. Then turn on the TV, computer, video game, etc. for what is planned, and turn it off after the set time.

Keep meals screen free.

Make meals a time to catch up with each other about your day.

Think of other things to do.

Watching TV, playing video games, and using the internet can be a habit. Help your child make a list of other things to do.

Keep TVs and other screen media out of bedrooms.

Kids who have screens in their rooms tend to watch much more, see more violent and adult content, more junk food ads, and have more sleep problems.

Be a role model.

Seeing you cut back your own screen time will help your child do it too.



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Pediatric Weight Management Program

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Kids should be active for at least 1 hour every day,
so swap some screen time for active time.

Let's Get Moving!

Kids need at least 1 hour of physical activity every day.

What is physical activity?

If you are being active in a way that makes you breathe hard enough that you can only say a few words before taking another breath, that counts as physical activity.

For 2-5 year olds:

Move around for at least 15 minutes after 30 minutes of screen time or other inactive time. Kids this age love to run around and need lots of time to do it!

Being active helps kids of all ages:

- Sleep
- Learn
- Feel happier, less stress
- Control their weight
- Develop healthy habits while they're young

How can I help my child be more active?

Talk with your child about what they would like to do to be active.

This could be a sports team, taking walks as a family, dancing to music in the house, going somewhere like a park, or the YMCA or community center to play, run around, swim, or shoot hoops.

Plan for what to do and when to do it.

If you don't have a plan, it likely will not happen.

Do a little at a time.

If 60 minutes sounds like a lot, break it up through the day.

Be an active role model.

Kids copy what their parents do, so add more active time to your days too!



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There are 1,440 minutes in a day.
Help your child plan to be active for 60 of them.

Healthy Drinks For Healthy Kids

Soda, juice (even 100% juice!), fruit drinks, sports drinks and energy drinks have more sugar and calories than your body needs. Extra calories can lead to unhealthy weight gain.

Kids should drink water when they're thirsty, and water or white milk with meals.

How much sugar is in your drink?				
		Size (ounces)	Sugar (grams)	Teaspoons of sugar
100% Orange Juice		8 oz	22g	
Monster Energy		16 oz	27g	
Vitamin Water		20 oz	32g	
Gatorade		20 oz	34g	
Iced Tea		16 oz	36g	
Soda		12oz	39g	
Coolatta		16 oz	69g	

Get a fun water bottle for your child to take to school, camp, everywhere!

Let your child pick one out that s/he likes and will want to use.

Be a healthy drinks role model for your child.

Your child wants to do what you do, so try to pick water and non-sugary drinks for yourself too!

Make water fun!

Use straws and add ice, lemon, or other fruit slices.



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Think of sugary drinks as treats,
not as drinks for every day.

Follow a Balanced Nutrition Plan

Healthy eating includes:

- **Mostly fruits and vegetables:**
Fresh, frozen or canned!
- **Whole grains:**
Oats, whole wheat bread and pasta, brown rice
- **Healthy proteins:**
Beans, nuts, eggs, fish, chicken, turkey, hummus
- **Small amounts of healthy oils:**
Canola, olive, corn
- **Small amounts of dairy:**
Plain milk, yogurt, cheese

Kid's Healthy Eating Plate



© 2015, Harvard T.H. Chan School of Public Health

**At meals, make half your plate fruits and vegetables.
Make the other half healthy proteins and whole grains.**

Limiting fast food is good for the whole family.

If you eat fast food once a week or more, think how you can cut back to less than once a week.

ChopChop online is full of fun, kid-friendly healthy cooking recipes and ideas.

Check it out! www.ChopChopFamily.org

Take time to enjoy meals together.

At least a few times a week, sit together and eat with all screens turned off.



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Keep sweets and chips for special times,
not as every day foods.

Stress, Bullying, and Self Care

Lowering stress can help both kids and adults focus, sleep better, feel happier and more confident, and improve their overall health.

What are ways to lower stress?

Take time to relax every day, even for 10 minutes.

This can be time with friends or family, or by yourself. Take a walk, take deep breaths, or do something else you enjoy. Encourage your child to take time to relax too.

Give your child love and support.

Remind your child that you believe in them and love them. Let them share their feelings, and offer support when things are hard. Praise your child for positive thinking! Be a role model and show your child how you work to lower your stress.

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

For example, look for places to walk and be active (like a park, YMCA or community center) and places to get help with food or housing issues (like food pantries, WIC offices, farmers markets, and housing support programs).

My child is bullied. What can I do to help?

- Take your child's concerns seriously. Listen without blaming.
- Help your child think of places where they feel safe and people to be with who they trust.
- Remind your child that you love them and care about their safety. Bullying is never their fault.
- Work with your child's teachers and others at the school (like the nurse and the principal) to understand what is happening, why, and how to stop it.
- Get more information at StopBullying.gov

Help children feel better about themselves.

Tell your child it is normal and okay to feel mad and sad. Then ask:

- Who can you talk to when you feel sad? Who makes you feel good?
- Where do you feel happy or calm? Where can you go and what can you do to feel better when you are sad?
- What makes you feel good about yourself?
- What do you feel proud of?
- Make sure children have time to do the things that make them feel good and be with the people who make them feel good.



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Do not stress and worry alone. There are people
and places who can help you feel better.

Connect for Health: Healthy Habits

This video introduces families to Connect for Health and offers information and support to make behavior changes for good health. Learn about simple things you can do to help your family be healthy.

<https://bit.ly/C4Hintro>

Want to learn more about Connect for Health and tips
for good health?

Visit: www.c4hprogram.com

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Connect for Health: Follow Up Visits

In this video, families can learn what to expect at a follow-up visit to talk about healthy growth. How these visits happen will depend on the doctor and the family, but the focus will be on your family and how you can make small changes to support your good health.

<https://bit.ly/C4HFollowUp>

Want to learn more about Connect for Health
and tips for good health?
Visit: www.c4hprogram.com

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Could your family use ideas for ways to be more active?

What about help planning healthy meals?

Here are some great online tools and resources that offer tips and support to families making choices to do what they can to be healthy.

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Physical Activity

Looking for fun ways to help kids be active? Trying to figure out how to make time to be active?

[GoNoodle.com](#)

Videos that appeal to boy and girls of all ages to dance and sing. Activity handouts too!



[Move Your Way](#)

A tool to help parents figure out ways and time to encourage kids to be more active.

Self Care for Kids

Wonder how to help when your child is sad or stressed? Or what to do if they are being bullied?

[Flow and Steady from GoNoodle.com](#)

A fun site for relaxation and breathing videos for kids.



[StopBullying.gov](#)

Watch a video and learn about bullying, ways to help a child who is being bullied, and people and places to go to for help.

Food and Meals

Want ideas for food and meals, cooking, shopping on a budget, and feeding a family?

[My Plate](#)

Recipes and resources for meal planning and a quiz to direct you to information based on needs.



[Cooking Matters](#)

Short videos to help your family focus on healthy meals.

Sleep

How can you help your child get the sleep they need? How much sleep do they need at their age?

[Healthy Children's Sleep Guidelines](#)

A great website for information and ideas to help improve kids sleep habits.



Healthy Routines and Resources for Stressful Times



When life feels stressful at home and in the world, routines offer comfort that some things are normal. This is important for children. So while you may not always be able to keep to your usual routines, do them as much as you can.

Sleep

Help your child get the sleep they need with regular bedtimes and sleep routines. Keeping bedtime as it would be during more normal times can offer comfort and lead to better sleep.

Food and Meals

It can be easy to eat more than normal when stressed or at home a lot. Help your child stick to 3 meals a day and 2 snacks.

Screen Time

It is tempting to spend a lot of time watching TV or playing on computers and phones, but limit it to 2 hours most days. School or homework time does not count.

How else to keep busy? Make an activity jar! Fill a jar with slips of paper, each with an activity written on it. When your child wants an idea of what to do, pull a slip of paper out and do what it says (build something, dance around, read a book, draw, listen to music, make a card for someone, etc.).

Physical Activity

Children need active time every day, but what if you can't go places or run and play with friends? If you have internet access, check out these active videos: [Boskiskids.org/boks-at-home](https://www.boskiskids.org/boks-at-home) [GoNoodle.com](https://www.gonoodle.com). You can also turn on music and dance, march, jump, or anything that gets your heart rate up. And go outside!

With masks, safe distancing and hand washing, it is ok to go out (unless you are sick).

Get support.

Who can you talk to for support? We all need to be able to talk about our stress and worries. A phone or video call is a way to connect if you can't be together. Who can your child talk to when they are having a hard time? A friend, relative, teacher? Reach out to them to help your child get the support they need.

Do you need help getting food or housing, applying for unemployment benefits, or paying for other basic needs?

Ask your doctor if a referral to a case manager for help would be right for you.

Other places to contact for help:

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Food

- INSERT LOCAL RESOURCES HERE

Lost Job/Unemployment

- INSERT LOCAL RESOURCES HERE

Mental Health, Stress

- INSERT LOCAL RESOURCES HERE

Connect for Health Goals for Kids

Set family goals! Let your child put a check mark or a sticker in the boxes when they meet a goal. ✓

Daily Goals for 3-5 Year Olds



Week 1	Sun	Mon	Tue	Wed	Thu	Fri	Sat	GOAL:
Hours/minutes of quality sleep a night								10-13 hours
Hours/minutes of screen time								0-2 hours
Hours/minutes of active play (1 hour outside)								1+ hours
# of sugary drinks								0 sugary drinks

Week 2	Sun	Mon	Tue	Wed	Thu	Fri	Sat	GOAL:
Hours/minutes of quality sleep a night								10-13 hours
Hours/minutes of screen time								0-2 hours
Hours/minutes of active play (1 hour outside)								1+ hours
# of sugary drinks								0 sugary drinks

Week 3	Sun	Mon	Tue	Wed	Thu	Fri	Sat	GOAL:
Hours/minutes of quality sleep a night								10-13 hours
Hours/minutes of screen time								0-2 hours
Hours/minutes of active play (1 hour outside)								1+ hours
# of sugary drinks								0 sugary drinks

Week 4	Sun	Mon	Tue	Wed	Thu	Fri	Sat	GOAL:
Hours/minutes of quality sleep a night								10-13 hours
Hours/minutes of screen time								0-2 hours
Hours/minutes of active play (1 hour outside)								1+ hours
# of sugary drinks								0 sugary drinks

Connect for Health Goals for Kids

Set family goals! Let your child put a check mark or a sticker in the boxes when they meet a goal. ✓

Daily Goals for 6-12 Year Olds

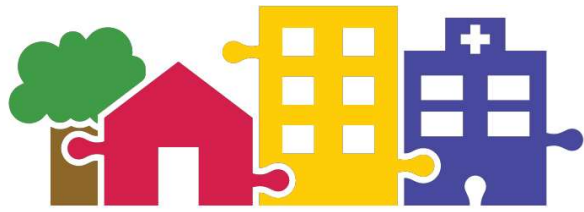


Week 1	Sun	Mon	Tue	Wed	Thu	Fri	Sat	GOAL:
Hours/minutes of quality sleep a night								9-11 hours
Hours/minutes of screen time								0-2 hours
Hours/minutes of active play (1 hour outside)								1+ hours
# of sugary drinks								0 sugary drinks

Week 2	Sun	Mon	Tue	Wed	Thu	Fri	Sat	GOAL:
Hours/minutes of quality sleep a night								9-11 hours
Hours/minutes of screen time								0-2 hours
Hours/minutes of active play (1 hour outside)								1+ hours
# of sugary drinks								0 sugary drinks

Week 3	Sun	Mon	Tue	Wed	Thu	Fri	Sat	GOAL:
Hours/minutes of quality sleep a night								9-11 hours
Hours/minutes of screen time								0-2 hours
Hours/minutes of active play (1 hour outside)								1+ hours
# of sugary drinks								0 sugary drinks

Week 4	Sun	Mon	Tue	Wed	Thu	Fri	Sat	GOAL:
Hours/minutes of quality sleep a night								9-11 hours
Hours/minutes of screen time								0-2 hours
Hours/minutes of active play (1 hour outside)								1+ hours
# of sugary drinks								0 sugary drinks



Connect4Health

Pediatric Weight Management Program

COMMUNITY RESOURCE GUIDE

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AFTER SCHOOL PROGRAMS & PHYSICAL ACTIVITY

[Insert Site Name Here]

Include description of site here and hours of operation.

Phone Number | Address

[Insert Website Link Here if available](#)

[Insert Site Name Here]

Include description of site here and hours of operation.

Phone Number | Address

[Insert Website Link Here if available](#)

NUTRITION

[Insert Site Name Here]

Include description of site here and hours of operation.

Phone Number | Address

[Insert Website Link Here if available](#)

[Insert Site Name Here]

Include description of site here and hours of operation.

Phone Number | Address

[Insert Website Link Here if available](#)

FOOD RESOURCES

[Insert Site Name Here]

Include description of site here and hours of operation.

Phone Number | Address

[Insert Website Link Here if available](#)

[Insert Site Name Here]

Include description of site here and hours of operation.

Phone Number | Address

[Insert Website Link Here if available](#)

HOUSING & UTILITIES

[Insert Site Name Here]

Include description of site here and hours of operation.

Phone Number | Address

[Insert Website Link Here if available](#)

[Insert Site Name Here]

Include description of site here and hours of operation.

Phone Number | Address

[Insert Website Link Here if available](#)

SOCIAL SERVICES & HEALTHCARE

[Insert Site Name Here]

Include description of site here and hours of operation.

Phone Number | Address

[Insert Website Link Here if available](#)

[Insert Site Name Here]

Include description of site here and hours of operation.

Phone Number | Address

[Insert Website Link Here if available](#)

ADDITIONAL INFORMATION (EXAMPLE: RESOURCES OFFERED BY SITE)

[Insert Site Name Here]

Include description of site here and hours of operation.

Phone Number | Address

[Insert Website Link Here if available](#)

[Insert Site Name Here]

Include description of site here and hours of operation.

Phone Number | Address

[Insert Website Link Here if available](#)

Visit www.c4hprogram.com for more program information, and resources for your family



[ADDRESS]
[CITY], [STATE] [ZIP]
[WEBSITE]

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Community Resources

Here is a list of places and programs that can support you and your family in being healthy. Please call them directly with any questions or for more information.

See the complete resource guide on our website: C4Hprogram.com

Food	
Example: Local WIC Resource Phone Address Description: Apply for WIC, learn about other parent resources.	Resource Name Phone Address Description goes here
Resource Name Phone Address Description goes here	Resource Name Phone Address Description goes here Resource Name Phone Address Description goes here
Housing & More	
Resource Name Phone Address Description goes here Resource Name Phone Address Description goes here	Resource Name Phone Address Description goes here
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Physical Activity & After School	
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Fact Sheet to Receive Unencrypted Text Message Communications for the Connect for Health Program

Your health care center offers families a text messaging program to support healthy behavior change. Here is a fact sheet about the program. Messages are sent twice a week and include tips and information on topics like healthy eating, sleep, and helping kids be active. Messages will not include any personal information.

Text messages by mobile/cell phones are a common form of communication. The Connect for Health program involves sending you text messages that are relevant to your child's clinical care. Texting over mobile/cell phones carries security risks because text messages to mobile/cell phones are not encrypted. This means that information you send or receive by text message could be intercepted or viewed by an unintended recipient, or by your mobile/cell phone provider or carrier.

Below are some important points about texting in this program.

- Text messages are not encrypted, and therefore carry security risks. This program and Partners Healthcare are not responsible for any interception of messages sent through unencrypted text message communications.
- You will be responsible for all fees charged by your carrier's service plan for text messaging. This program and Partners Healthcare are not responsible for any increased charges, data usage against plan limits or changes to data fees from the research texts.
- Text messages will only be sent to you. We will not read text messages you send to us. If you have any questions or concerns, please contact your doctor's office.
- Text messaging should not be used in case of an emergency. If you experience a medical emergency, call 911 or go to the nearest hospital emergency department.
- You may decide to not receive text messages associated with this program at any time. You can do this in person at your doctor's office or by sending the program a text message that says "Stop."
- Your agreement applies to this program only. Agreeing to other texts from Partners Healthcare for example appointment reminders, is a separate process. Opting out of other texts from Partners Healthcare is a separate process as well.
- It is my responsibility to update my mobile/cell phone number with this program in the event of a change.

I have had the chance to ask questions about texting with staff associated with the program. I have been informed of the risks and other information covered above. By asking my doctor's office to enroll me in the program, I consent to the use of unencrypted text communications associated with this program.

Connect for Health Pediatric Weight Management Text Message Library

Auto-reply message to be sent if recipients reply to message:

1. C4H: We are sorry we cannot accept text message responses. If you have questions about your child's health, please call your child's doctor's office.

C4H: Lamentamos no poder aceptar respuestas a los mensajes de texto. Si tiene preguntas sobre la salud de su niño, llame al consultorio del médico.

General Messages

1. C4H: Hello from [site name] Connect for Health! We will send you 2 texts most weeks. Save this number so you will know it's us. Standard message/data rates may apply. [*Note: include only for sites where all messages will be sent from the same number].

C4H: Casi cada semana recibirá 2 mensajes de "Connect for Health". Guarde este número. Se podrían aplicar las tarifas corrientes para mensajes de texto y datos.

2. C4H: If at any point you no longer want to receive [site name] Connect for Health text messages, simply [text STOP/reply 3].

C4H: Si en algún momento ya no quiere recibir los mensajes de texto del programa "Connect for Health", envíe un mensaje de texto [que diga PARE/ con el num 3].

3. C4H: Thanks for being part of the [site name] C4H messaging program. We want to let you know that we will only send weekly messages for a few more weeks.

C4H: Gracias por participar en el programa de mensajes de texto de "Connect for Health". Solo recibirá mensajes durante unas pocas semanas más.

4. Thanks for being part of Connect for Health! This is the last weekly text message. We hope they were helpful as you work on healthy changes with your child.

C4H: Gracias por participar en "Connect for Health". Este es el último mensaje de texto. Esperamos que le hayan ayudado a hacer cambios saludables con su niño.

Sleep

1. C4H: More sleep makes for better moods, and well-rested kids make for happier parents.

C4H: Un niño que duerme y descansa bien tiene mejor estado de ánimo y padres más felices.

2. C4H: How much sleep do kids need? 2 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.

C4H: ¿Cuánto debe dormir un niño? A los 2 años, entre 11 y 14 horas (con siestas). De 3 a 5 años, entre 10 y 13 horas. De 6 a 12 años, entre 9 y 11 horas.

3. C4H: Do you know good sleep helps with eating better? Tired kids (and adults!) tend to want junk food more and to eat more than they need.

C4H: ¿Sabía que dormir bien ayuda a comer mejor? Los niños (¡y los adultos!) cansados tienden a comer comida chatarra o a comer más de lo que necesitan.

4. C4H: Children who don't sleep enough are at high risk of unhealthy weight gain. Move bedtime earlier, keep regular sleep schedules, and limit screen time.

C4H: No dormir lo suficiente eleva el riesgo de subir mucho de peso. Acueste al niño más temprano, fije horarios de sueño y limite el tiempo frente a pantallas.

5. C4H: Keep TV & all screens out of rooms where kids sleep. They may be more willing to go to sleep, fall asleep faster and sleep longer with no screen there.

C4H: No tenga televisores ni pantallas en los cuartos en que los niños duermen. Así se irán a la cama más fácilmente, se dormirán más pronto y dormirán más.

6. C4H: Make sleep a priority. Stick to regular bedtime and wake times for your child.

C4H: Haga del sueño una prioridad. Tenga un horario habitual para que el niño se acueste y se levante.

7. C4H: Bedtime! Make it a quiet routine for your child. A bath or shower, pajamas, brush teeth, read, listen to soft music. Keep screens off during this time.

C4H: Su niño necesita una rutina tranquila a la hora de acostarse: un baño, pijama, cepillarse los dientes, leer o escuchar música. Apague las pantallas.

8. C4H: Try the 3 Bs: Bath (or shower), book, and bed! Routines make bedtime easier for parents and children of all ages.

C4H: Las rutinas a la hora de acostarse facilitan las cosas para los padres y los niños. Pruebe estos tres trucos: baño (o ducha), libro y ¡a la cama!

9. C4H: For sleep, make your child's room dark, cool, comfy and quiet. If there's a screen there, take it out, or at least keep it off the hour before bedtime.

C4H: Trate de que el cuarto del niño sea oscuro, fresco, cómodo y tranquilo. Si hay pantallas allí, sáquelas o apáguelas una hora antes de acostarlo.

10. C4H: Kids need sleep! Check out these tips and information on bedtime basics:
<http://lil.ms/j88>

C4HL Los niños necesitan dormir. Lea estos consejos y esta información sobre lo esencial a la hora de dormir: <http://lil.ms/j88>

11. C4H: Kids need plenty of sleep. So do adults. It helps kids do better in school & helps everyone be in better moods. Turn screens off earlier and go to bed.

C4H: Los niños y los adultos necesitan dormir bien. A los niños les va mejor en la escuela y todos tienen mejor humor. Apaguen las pantallas y ¡a dormir!

Physical Activity

1. C4H: What does your child like to do to be active? Walk, swim, play ball, run, dance, or bike ride? There's something for everyone. Help get them started.

C4H: ¿Cómo se mantiene activo su niño? ¿Camina, nada, juega a la pelota, corre, baila o monta en bicicleta? Hay algo para todos los gustos. Ayúdele a comenzar.

2. C4H: Is active time a part of your child's day? It may not happen if it is not planned. Walk, bike, join a sports class or team, play outside, dance around!

C4H: ¿El ejercicio forma parte del día de su niño? Planifíquelo para que suceda: caminar, montar en bicicleta, jugar en un equipo, jugar afuera o bailar.

3. C4H: Before you & your child go out, think if you can walk where you're going. Walk or bike to school, the store, or a friend's. If you can do it, go for it!

C4H: Antes de salir con el niño para ir a la escuela, la tienda o la casa de un amigo, piense si pueden ir caminando o en bicicleta. Si se puede, ¡háganlo!

4. C4H: Get set, go! Plan active time every day for your child. Make it a set part of the day –like eating meals, going to school, brushing teeth, etc.

C4H: Reserve tiempo todos los días para que su niño se mantenga activo. Esto debe formar parte del día, como comer, ir a la escuela o cepillarse los dientes.

5. C4H: Help your child be more active. Going up? Walk 2 flights, then ride the elevator if you need to. Going to the store? Park far from the door & walk.

C4H: Ayúdele a su niño a ser más activo. ¿Van a un piso alto? Caminen 2 pisos y luego tomen el ascensor. ¿Van a la tienda? Estacionen lejos y caminen un rato.

6. C4H: There are 1,440 minutes in a day. Head outside and run around for 60 of them. You can split that time up through the day, or do it all at once.

C4H: El día tiene 1440 minutos. Salga de casa y corra durante 60 minutos. Puede hacerlo de una vez o repartir ese tiempo durante todo el día.

7. C4H: Being active when it is cold or wet outside can be hard. But you can do it! Grab a warm coat, boots, maybe an umbrella too, and head out for a family walk.

C4H: Mantenerse activos si hace frío o llueve es difícil pero posible. Salgan a caminar en familia con abrigo, botas y paraguas.

8. C4H: Make family time be active time. Take a walk together, play ball, jump rope. Stuck inside? Dance party! Or do jumping jacks, sit-ups, and push-ups.

C4H: Hagan ejercicio en familia. Caminen, jueguen a la pelota y salten a la cuerda juntos. ¿Y en casa? Bailen, brinquen o hagan sentadillas y abdominales.

Screen time

1. C4H: Your child's doctor suggests less than 2 hours a day of screentime. This is time on TV, DVDs, movies, computer, video games –even on a phone or iPad!

C4H: El médico del niño recomienda menos de 2 horas diarias ante la pantalla (televisión, videos, películas, computadora y videojuegos, ¡en celular o iPad!).

2. C4H: Kids need limits! Keep screen time to 2 hours or less a day. Help your child plan how to use that time. For example, watch 1 show then turn off the TV.

C4H: El tiempo de pantalla de los niños no debe ser de más de 2 horas. Ayúdeles a planear cómo usarlo, por ejemplo, ver un programa y apagar luego el televisor.

3. C4H: Kids who watch a lot of TV are more likely to gain extra weight. Turn off the screens and make a list of fun ways to be active. Play more, watch less!

C4H: Los niños que ven mucha televisión tienen más probabilidades de subir más de peso. Apague el televisor y hagan una lista de actividades. ¡Jueguen más!

4. C4H: Remember, you are your child's role model! Limit your own screen time to help your children do the same.

C4H: Recuerde que usted les da ejemplo a sus hijos. Limite el tiempo que pasa frente a la pantalla para que ellos hagan lo mismo.

5. C4H: Have questions about media and your child? Check out this great website. Even ask your own questions! {{ <https://cmch.tv/parents/>}}

C4H: ¿Tiene preguntas sobre los medios de comunicación y su niño? Consulte este sitio web. ¡Puede incluso hacer preguntas! {{ <https://cmch.tv/parents/>}}

6. C4H: Does your child have more screen time than you would like? Let them plan up to 2 hours to spend on it. Then plan time to be active in the day too.

C4H: ¿Su niño pasa más tiempo frente a una pantalla de lo que usted quiere? Deje que planifique hasta 2 horas para hacerlo. Planifiquen también la actividad.

SSBs/Healthy drink options

1. C4H: Try for zero! Drinking 0 sugary drinks is best for kids (and everyone else too). Give water when they are thirsty and water or white milk with meals.

C4H: Evitar las bebidas azucaradas es lo mejor para los niños y todos los demás. Deles agua cuando tengan sed y ofrézcales agua o leche sola con las comidas.

2. C4H: A “sugary drink” is any drink that contains sugar, like soda, juice (even 100%), fruit drinks, and sports drinks. Drink water or white milk instead.

C4H: Las bebidas azucaradas son las que contienen azúcar, como gaseosas, jugos (incluso de pura fruta), refrescos y bebidas deportivas. Tome agua o leche sola.

3. C4H: Water bottles make drinking water easy. Help your child find a bottle s/he likes, and send it with them to school, child care, or camp.

C4H: Ayúdele a su niño a encontrar una botella reutilizable de agua que le guste, para que la lleve a la escuela, la guardería o el campamento.

4. C4H: Drinking sugary drinks increases risk of chronic diseases like diabetes and heart disease. Think of sugary drinks only as a once-in-a-while treat.

C4H: Ofrézcale bebidas azucaradas solo de vez en cuando, ya que elevan el riesgo de sufrir enfermedades crónicas, como diabetes y enfermedades del corazón.

5. C4H: Most juices and sports drinks are loaded with sugar and calories --even 100% juice is. When your child is thirsty, water should be the go-to drink.

C4H: La mayoría de los jugos y bebidas deportivas están llenos de azúcar y calorías, incluso el jugo de pura fruta. Cuando su niño tenga sed, dele agua.

6. C4H: What do sugar, caffeine, and screen time have in common? Any of them before bed can make it harder for your child to fall asleep.

C4H: ¿En qué se parecen el azúcar, la cafeína y el tiempo frente a una pantalla? Cualquiera de ellos antes de acostarse puede dificultar que su niño se duerma.

7. C4H: Skip sugary drinks for kids. Choose water instead. Seem too plain? Make it fun with a straw, or orange and lemon slices. Or give sparkling water a try.

C4H: No les dé a los niños bebidas azucaradas. Ofrézcales agua. Agréguele rodajas de naranja o limón y póngale un popote. O deles agua mineral.

8. C4H: Drink more water! Sugary drinks aren't good for your child's teeth or weight. Water is good for the whole body. And for every body!

C4H: : Tome más agua. Las bebidas azucaradas no son buenas para los dientes ni para el peso del niño. El agua es buena para todo el cuerpo.

9. C4H: Wondering why you should limit how much juice your child drinks? Even 100% juice has a lot of sugar & calories that they are better off without.

C4H: ¿Se pregunta por qué debe limitar la cantidad de jugo que su niño toma? Porque aunque sea de pura fruta, tiene mucha azúcar y calorías que él no necesita.

10. C4H: Try for zero! Drinking 0 sugary drinks on most days is best for all of our bodies. Think of sugary drinks as a treat – not something to have every day.

C4H: Evitar las bebidas azucaradas la mayor parte del tiempo es lo mejor. Tómelas solo de vez en cuando, no todos los días.

Healthy Eating

1. C4H: Keep TV, phone & computer off during meals. Focus on the food and people with you. If that's a big change, start by trying for 1 no-screens meal a day.

C4H: Apague el televisor, el teléfono y la computadora durante las comidas. Concéntrese en los alimentos y en las personas. Comience con una comida así al día.

2. C4H: Frozen, fresh, canned? For fruits & veggies, they're all good! Take 30 seconds and learn more: <http://cookingmatters.org/tips/video-fresh-frozen-or-canned>

C4H: ¿Congeladas, frescas o enlatadas? Si se trata de frutas y verduras, ¡todas son buenas! Vea este video: <http://cookingmatters.org/tips/video-fresh-frozen-or-canned>

3. C4H: Snack makeover! Once a day give fruit or a vegetable in place of chips or a granola bar. Kids can help wash and prep fruits & veggies for easy snacking.

C4H: Cambie uno de los bocadillos ricos en calorías de su niño por una fruta o verdura. Él puede ayudar a lavar y preparar las frutas y verduras de la merienda.

4. C4H: Limiting fast food is good for everyone. If it's a regular part of your family's diet, think how to cut back on the times per month you eat it.

C4H: Limitar las comidas rápidas es bueno para todos. Si su familia las consume a menudo, piense en cómo reducir las veces en que las consumen cada mes.

5. C4H: Check out ChopChop Magazine for kids online: <http://www.chopchopmag.org/> and get your kids helping in the kitchen. Healthy cooking ideas and lots of fun!

C4H: Visite la revista ChopChop en Internet: <http://www.chopchopmag.org/> y pida la ayuda de sus niños en la cocina. ¡Vea ideas saludables y mucha diversión!

6. C4H: Think about what, when, where, and how your kids eat. Take time to enjoy meals, together at least a few times a week, with TV and other screens off.

C4H: Piense en qué, cuándo, dónde y cómo comen sus niños. Reserve tiempo para comer en familia varias veces por semana, sin televisor ni otras pantallas.

7. C4H: Does your child eat out of boredom, or because they feel angry or sad? Plan something else at those times, like walk, bike, read, or play with a friend.

C4H: ¿Su niño come cuando está aburrido, enojado o triste? Planee otra cosa para esas ocasiones, como caminar, montar en bicicleta, leer o jugar con un amigo.

8. C4H: Plate size matters! People tend to eat less using smaller plates because it feels better to have a more full plate. Try smaller plates with your family.

C4H: El tamaño del plato importa. Comemos menos si nos servimos en platos más pequeños porque ver el plato más lleno satisface más. Inténtelo en su familia.

9. C4H: School lunch can be a balanced meal of protein, fruit and vegetables. Ask what your child eats at school. Not so healthy? Think how to make it better.

C4H: El almuerzo escolar puede equilibrar las proteínas, verduras y frutas. ¿Qué come su niño en la escuela? ¿No es saludable? Trate de mejorarlo.

10. C4H: Want a free app for yummy, low-cost recipes? Go to <http://cookingmatters.org> and get cookin'! Lots of ideas for healthy meals to cook on a budget.

C4H: ¿Quiere una aplicación gratuita con recetas deliciosas y económicas? Visite <https://cookingmatters.org> y ponga manos a la obra.

11. C4H: Holidays and birthdays make healthy eating hard. Help your child learn to make good choices. Eat a balanced meal, then have a small amount of treats.

C4H: En los festivos y cumpleaños es difícil comer alimentos saludables. Tome buenas decisiones con su niño. Coman una comida equilibrada y un postre pequeño.

12. C4H: Family meals are important for raising healthy kids. Think how often you sit down together for meals and then think how you can start doing it more.

C4H: Las comidas en familia son importantes para criar niños sanos. Piense en la frecuencia con que comen juntos y auméntela.

13. C4H: Snacktime? Great time for fruits & vegetables! Protein helps fill you up, so try fruit with yogurt, celery and peanut butter or apple & a cheese stick.

C4H: Coma frutas y verduras acompañadas de proteínas a la hora de la merienda. Pruebe frutas con yogur, apio con mantequilla de maní o manzana con queso.

14. C4H: Most fast food has excess calories, sodium, and unhealthy fats. Eat more meals made at home and limit having fast food to less than 1 or 2 times a month.

C4H: La mayoría de las comidas rápidas tienen exceso de calorías, sodio y grasas poco saludables. Coman más en casa y límitenlas a menos de 1 o 2 veces al mes.

15. C4H: Are your kids broccoli eaters? If not, give this recipe a try and they just may be surprised: <http://www.chopchopmag.org/recipe/oven-roasted-broccoli>

C4H: ¿Sus niños comen brócoli? Si no, prepare esta receta y tal vez los sorprenderá: <http://www.chopchopmag.org/recipe/oven-roasted-broccoli>

16. C4H: Having kids help in the kitchen is a great way to get them to try new foods. Check out these recipes to make with kids: <http://www.chopchopmag.org/recipes>

C4H: Los niños que ayudan en la cocina prueban alimentos nuevos. Ensaye estas recetas: https://www.nhlbi.nih.gov/files/docs/public/heart/sp_recip.pdf

17. C4H: If fresh fruits and vegetables seem too expensive, go for frozen and canned! Find ones without added sauces or salt for a great choice.

C4H: Si las frutas y verduras frescas están muy caras, cómprelas congeladas y enlatadas. Prefiera las que no tengan salsas ni sal adicional.

18. C4H: Shopping tip: Skip middle grocery aisles and just shop the outer circle of a store. In most stores that is where you will find healthier food choices.

C4H: Cuando vaya al supermercado, evite los pasillos centrales. Vaya a la periferia de la tienda. Allí encontrará los alimentos más saludables.

19. C4H: Have you heard of “mindful eating”? The idea is to slow down, enjoy and focus on the food. Think about how it tastes & smells. Try it with your kids!

C4H: ¿Ha oído hablar de “comer con atención plena”? Es comer más despacio, centrándose en la comida. Fíjese en cómo huele y sabe. Inténtelo con sus niños.

20. C4H: Limit the junk food in your home and keep washed, cut, ready to eat fruits and veggies around for snacking. Try hummus or yogurt dip with them.

C4H: Limite la comida chatarra que tiene en casa. Tenga a mano frutas y verduras lavadas, cortadas y listas para comer con yogur y *hummus*.

21. C4H: A tip for choosing healthier foods: Pick food most like what is in nature...an apple instead of an apple bar, a handful of nuts instead of a granola bar.

C4H: Escoja alimentos que se parezcan más a como están en la naturaleza, por ej., una manzana o un puñado de nueces en vez de una barra de manzana o de granola.

22. C4H: What you eat matters, so check out ChooseMyPlate.gov/MyPlate and learn how to get the most out of your family’s meals.

C4H: Lo que usted come importa. Visite <https://www.choosemyplate.gov/multilanguage-spanish> y aprenda cómo aprovechar al máximo las comidas familiares.

23. C4H: Skip the chips, and the ads. Too much screen time can contribute to an unhealthy weight. Food ads make kids want to snack, even if not hungry.

C4H: Eviten los anuncios. Pasar demasiado tiempo frente a una pantalla puede contribuir a un peso poco saludable. Los anuncios de alimentos dan deseos de comer.

24. C4H: Keep treat foods for special times. Make daily snacks a time to offer kids fruits & veggies. Try lowfat dip with carrots, cucumbers, apples or bananas.

C4H: Deles a los niños frutas y verduras a la merienda: zanahorias, cohombros, manzanas o plátano con salsa baja en grasa. Deje las golosinas para otra ocasión.

25. C4H: The Nutrition Facts label on packaged food tells you about what you are eating. Check how many servings are in a container. You may be surprised!

C4H: La etiqueta de información nutricional de los alimentos envasados le dice qué está comiendo. Mire cuántas porciones tiene el envase. Podría sorprenderse.

26. C4H: Unsure which foods are the best choices? Start learning to read food labels here: <http://cookingmatters.org/tips/video-reading-nutrition-facts-panel>

C4H: ¿No sabe qué alimentos son mejores? Aprenda a leer la etiqueta de los alimentos: <http://cookingmatters.org/tips/video-reading-nutrition-facts-panel>

27. C4H: Make your home a healthy one. Sweets or chips are ok once in a while, but save them for special times, not every day foods that you keep in your house.

C4H: Haga de su hogar un lugar saludable. Reserve los dulces y las papas fritas para ocasiones especiales. No los tenga a mano en casa todos los días.

28. C4H: What's for snack? Save chips & cookies as special treats. For snack try yogurt, fruit, oatmeal, banana, peanut butter on toast, or veggies with hummus.

C4H: Merienden yogur, frutas, avena, plátanos, mantequilla de maní en tostada o verduras con *hummus*. Las papas fritas y las galletas no son para todos los días.

29. C4H: If your family is trying to eat healthier, cut back on fast food and packaged foods. Eat more fruits and veggies. Fresh, frozen, canned are all good!

C4H: Si su familia quiere comer mejor, evite la comida chatarra y los alimentos envasados. Coma frutas y verduras frescas, congeladas o enlatadas.

30. C4H: Make meals colorful! Fill half the plate with fruits, vegetables. Make the other half whole grains (like brown rice) & healthy proteins (fish, beans).

C4H: ¡Pongan color en las comidas! Llenen la mitad del plato de frutas y verduras. La otra mitad, de granos integrales y proteínas saludables.

31. C4H: What's a healthy protein? Some examples are beans, nuts, eggs, fish and chicken. Skip the bacon, hot dogs and cold cuts (at least most of the time).

C4H: Ejemplos de proteínas saludables: frijoles, nueces, huevos, pescado y pollo. Evite casi siempre el tocino, los perros calientes y los embutidos.

32. C4H: Most of us eat lots of grains. Some are healthier than others! At the store, look for *100% Whole Grain* on labels, like oats, whole wheat, brown rice.

C4H: Comemos muchos granos, unos más saludables que otros. Opte por los que sean 100% integrales, como la avena, el trigo integral y el arroz integral.

33. Dairy is part of a healthy diet. Have plain white milk, a small amount of cheese, or plain yogurt (add fruit for flavor!) as part of a snack or meal.

CH4: Los lácteos forman parte de una alimentación saludable. Consuma leche sola, queso (un poco) y yogur sin sabor (¡con frutas!) en las comidas y meriendas.

34. There are so many kinds of fruits and vegetables. Try lots of them and see which your child likes best. At meals make half the plate be fruit or vegetables.

CH4: Hay muchos tipos de frutas y verduras. Ensaye varias para ver cuáles le gustan a su niño. En las comidas, llene la mitad del plato con frutas y verduras.

35. For snacks and meals that can help keep your body healthy, skip the sugary, salty, fried and fast foods. Eat fruits and vegetables instead.

CH4: Para mantenerse sano, evite las comidas rápidas y los alimentos azucarados, salados y fritos en meriendas y comidas. Prefiera las frutas y las verduras.

Bullying

1. C4H: Children may be teased or bullied at school, in your neighborhood, or online. Support your child. Talk to them about what to do if they are bullied.

C4H: Los niños pueden ser víctimas de acoso en la escuela, el vecindario o el Internet. Apoye a su niño. Hable con él sobre lo que puede hacer si lo acosan.

2. C4H: Is your child bullied? Help them get the support they need. Talk to the school principal or nurse. They are there to help you.

C4H: ¿Su niño es víctima de acoso escolar? Busque el apoyo que él necesita. Hable con el director o la enfermera de la escuela. Ellos le ayudarán.

3. C4H: Is your child bullied? Ask them. For more information about what to do about kids and bullying go to: {{ <https://www.stopbullying.gov/prevention/index.html>}}

C4H: ¿Su niño es víctima de acoso escolar? Pregúntele. Más información sobre el acoso escolar en: <https://www.stopbullying.gov/prevention/index.html>

Social/Emotional health

1. C4H: Build your child's confidence. Ask what she likes about herself. What is she good at? Encourage her to do what makes her feel good about herself.

C4H: Estimule la autoconfianza de su niño. Pregúntele qué le gusta de él. ¿Qué cosas hace bien? Anímelo a hacer lo que le haga sentirse bien consigo mismo.

2. C4H: Want tips to support your child's social and emotional wellness? <http://tinyurl.com/AAP-mental-health>

C4H: ¿Necesita consejos sobre cómo apoyar el bienestar social y emocional de su niño? <http://tinyurl.com/AAP-mental-health>

3. C4H: Feeling stressed is natural for kids as well as adults. Work with your child to recognize stress and manage it better. What helps them to feel better?

C4H: El estrés es normal en los niños y en los adultos. Colabore con el niño para reconocer el estrés y controlarlo mejor. ¿Qué le hace sentir mejor?

4. C4H: A minute of relaxation? Surely you and your child can use it. Try this together! <https://www.destressmonday.org/>

C4H: ¿Tiene un minuto para relajarse? Usted y su niño pueden aprovecharlo. ¡Intenten esto juntos! <https://www.destressmonday.org/>

5. C4H: Make time to relax and breathe. With your child, take long, slow, deep breaths in while counting to 3. Then let the breath out slowly, counting to 3.

C4H: Reserve tiempo para relajarse y respirar con su niño. Tomen aire lenta y profundamente contando hasta 3. Luego déjenlo salir despacio, contando hasta 3.

6. C4H: Everyone needs support from friends and family. Encourage your child to spend time with people who make them happy and who they can talk to.

C4H: Toda persona necesita apoyo de familiares y amigos. Motive a su niño a pasar tiempo con personas que lo hagan feliz y con quienes pueda hablar.

7. C4H: Want tips to support your child's social and emotional wellness? <http://tinyurl.com/AAP-mental-health>

C4H: ¿Necesita consejos sobre cómo apoyar el bienestar social y emocional de su niño? <http://tinyurl.com/AAP-mental-health>

Resources

1. C4H: Do you use community resources to support your family's healthy living? Check out the YMCA, recreation center, farmers markets and more!

C4H: ¿Usa recursos comunitarios para que su familia lleve una vida sana? Vaya a la YMCA, el centro de recreación, el mercado agrícola y otros lugares.

2. C4H: Need more money for food? You may be able to get SNAP benefits. SNAP gives money to buy food at the grocery store. Call for information.

<https://www.fns.usda.gov/snap/contact/state-information>

C4H: Si necesita dinero para comprar alimentos, quizá reciba beneficios del programa SNAP. Averigüe: <https://www.fns.usda.gov/snap/contact/state-information>

3. C4H: Planning a family day out? Ask if your local library has lower cost (or sometimes free!) passes to museums, zoos, and other fun spots around town.

C4H: Quiere hacer una actividad con su familia? La biblioteca en su zona puede que tenga pases con descuento para museos, zoológicos, y otros sitios divertidos.

Parenting

1. C4H: Why do YOU want your child to be a healthy weight? Long-term health? Fit clothes for their age? Whatever it is, commit to helping your child get there.

C4H: ¿Por qué quiere que su niño tenga un peso saludable? ¿Por su salud a largo plazo? ¿Para que le quede bien la ropa de su edad? Ayúdelo a lograrlo.

2. C4H: Don't focus on numbers on a scale, focus on making healthy choices. Think of things you and your family can do to be healthier.

C4H: En vez de centrarse en los números de la balanza, piensen en tomar decisiones saludables. ¿Qué cosas pueden hacer en familia para ser más saludables?

3. C4H: Parenting is tough and getting kids to eat and move in healthy ways is hard, but it's worth it! Set small goals and give praise when you can.

C4H: Criar a los hijos es difícil. Hacer que coman y sean activos también lo es, pero vale la pena. Póngales metas sencillas y felicítelos cuando las logren.

4. C4H: A healthy lifestyle is good for everyone. Commit to making healthy choices as a family!

C4H: Un estilo de vida sano es bueno para toda persona. Comprométanse a tomar decisiones saludables en familia.

5. C4H: Healthy is good for everyone. Commit to making good choices as a family! Enjoy healthy foods together at the table, take a walk or play an active game.

C4H: Lo saludable es bueno para todos. Tomen decisiones saludables en familia. Coman alimentos saludables, salgan a caminar o participen en un juego activo.

6. C4H: Kids need and love your praise. So when they make healthy choices (like having a healthy snack or choosing to be active) let them know you're proud.

C4H: Los niños necesitan y aprecian sus elogios. Cuando ellos tomen decisiones saludables (comer algo saludable o salir a jugar) diga que se siente orgulloso.

7. C4H: Change is hard. Plan ahead for things that can get in the way of healthy living and how to handle them. Your child needs your support to be healthier.

C4H: Cambiar es difícil. Piense de antemano en las cosas que dificultan llevar una vida sana y en cómo superarlas. Su niño necesita su apoyo para ser más sano.

8. C4H: Write down goals & track how your family is doing. Mark a calendar with a star each day you reach the goal. See if you can fill the month with stars!

C4H: Escriba las metas de su familia y registre sus avances. Ponga una estrella en el calendario cada día en que logren la meta. ¡Traten de llenar todo el mes!