



Daily Do... Body Builders

Handout JS22

To grow excellent physical development and health,
children need:

1. _____
2. _____
3. _____
4. _____



Continued



Some parenting practices I'd like to focus on:

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Continued



The potential payoffs that are important to me are:

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Growing Great Kids™
D A I L Y D O

Body Builders

Growing Excellent Physical Development and Health

Handout JS22

What kids need and what parents can do:

Good Nutrition

- Feed your child healthy meals and snacks. Because children have small tummies but use lots of energy to play and grow, it's normal for them to get hungry between meals.
- Try to avoid fast food and prepackaged foods that can contain lots of unhealthy salt, fat, and sugar like candy, cookies, and chips.
- Eat together as a family. This can be a wonderful opportunity for parents to role model making healthy food choices.
- Try keeping healthy foods such as fruits and vegetables washed and cut up in the refrigerator so that they're easy to see and ready to eat.
- Talk with your healthcare provider about what your child should drink during the day. Some drinks like juice and soda can cause cavities in children.



Responsive and Preventive Health Care

- Choose a medical home for your child. This can be a place where you take them when they're sick, injured, or need a check-up. Your child's medical home can also be a great place for you to ask questions about immunizations and your child's growth and development.
- Help your child stay clean and dry by checking their diaper frequently to prevent diaper rash.
- Support your child with learning good dental hygiene.
- Wash your hands and cooking surfaces frequently to prevent illness.





Daily Exercise

- Use Growing Great Kids™ activities to encourage your child to move their bodies in different ways and be physically active.
- Join your child in outdoor play.
- Limit TV watching and other screen time.
- Provide lots of opportunities for your child to practice basic skills...running, throwing, catching.



Predictable and Safe Environments

- Have predictable routines for waking up, bathing, toothbrushing, meals/snacks, naps/bedtime, family exercise, and outdoor play.
- Protect your child from insect and animal bites.
- Try to avoid exposing your child to second or third-hand smoke, electronic cigarette smoke, or fumes from drugs.
- Protect your child from accidents related to burns, fire, weapons, drowning, and falls.



What are the potential payoffs for parents and children when parents use Body Builders many times throughout the day?

Children may:

- Be more coordinated and have better athletic skills.
- Develop better health habits and stress management skills as teenagers and adults.
- Be exposed to fewer toxins in their homes.
- Have healthier bodies and teeth.



Parents may:

- Find that teenagers and adults could have stronger, more fit bodies.
- Find that families, employers, and government might spend less on medical care.
- Experience fewer illnesses such as diabetes, cancer, and heart disease.
- Find that communities are more able to focus on positive growth because they use fewer resources for treating illnesses that can be prevented.