

## **Nutrition** *Kids (5-10)*

Aim to fill half of your child's plate at each meal with fruits and vegetables, making sure they get at least two servings of fruit and two of veggies every day. (Good rule of thumb: a serving is the size of their fist).

### **There's more where this came from.**

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## **Behavior** *Kids (5-10)*

Power struggles are common at this age. It might not seem practical, but think about how you might give them power in the moment of struggle. Offering choices can go a long way toward resolution, even if they're not getting what they want.

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## **Sleep** *Kids (5-10)*

To get good sleep, kids need good sleep hygiene: a cool, dark, quiet sleep environment; a consistent bedtime; and no electronics at least an hour before bedtime.

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## **Sports & Play** *Kids (5-10)*

Physical activity doesn't have to be organized sports. It can be whatever kids enjoy. Biking, swimming, walking, dancing, jumping rope — anything that keeps them moving.

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## **Technology** *Kids (5-10)*

Though they might understand that what they see on TV isn't real, they lack the perspective to know that it doesn't reflect real life. Talk early and often about what kids are watching, and how it fits (or doesn't fit) with your family's values.

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## **Health & Safety** *Kids (5-10)*

Check the active ingredients of your child's sunscreen, and look for zinc oxide or titanium dioxide on the list. These broad-spectrum sunblock ingredients are less irritating for kids with sensitive skin, and they won't burn their eyes.

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