

Did You Know?

9

Without enough sleep, children may have difficulties performing in school, interacting with peers, and managing their mood.

A diet rich in fruits and vegetables provides vitamins and minerals important for supporting growth and development and for optimal immune function.



2

TV and other electronic media can get in the way of exploring, playing, and interacting with others, which is crucial for brain development in children.

Moving helps your child's brain develop. Everyone in the family needs physical activity for a healthy heart, bones, muscles, and brain.



0

Soda has no nutritional value and is high in sugar. Many sodas also contain caffeine, which kids do not need.



This project was supported by the Ramsey County Public Health Department and its Statewide Health Improvement Program, funded by the Minnesota Department of Health.



9-5-2-1-0
Every Day!

Adapted from materials developed by Let's Go!
www.lets-go.org
and the Kentucky Department of Public Health
chfs.ky.gov/dph/mch/hp/5210/

Information obtained and adapted from the National Sleep Foundation and materials developed by 95210ForHealth.com

Healthy Numbers for Kids & Families

NINE
HOURS OF SLEEP EACH
NIGHT



FIVE
OR MORE FRUITS
& VEGETABLES

TWO
OR LESS HOURS OF
SCREEN TIME



ONE
HOUR OR MORE OF
PHYSICAL ACTIVITY

ZERO
SUGARY DRINKS





NINE

HOURS OF SLEEP EACH NIGHT

BE CONSISTENT

Maintain a regular bedtime and wake time, even on the weekends.

ENVIRONMENT MATTERS

Ensure that the bedroom is cool, dark, and quiet.

RELAX TO SLEEP

Avoid eating, drinking, exercising, or using electronic devices too close to bedtime. Encourage calming activities such as reading.



FIVE

EAT 5 OR MORE FRUITS AND VEGETABLES EACH DAY

Fresh, frozen, canned, or dried

THE ORIGINAL FAST FOOD

Wash and chop fruits and veggies so they're ready to eat.

PUT THEM IN SIGHT

A bowl of fruit on the table is a great reminder to eat fruit.

SHOW THEM HOW IT'S DONE

When parents eat fruit and veggies for snacks and meals, kids will too.



TWO

TWO HOURS OR LESS OF SCREEN TIME

Screen time includes TV, computers, cell phones, and hand-held games.

MORE SIT, LESS FIT

The more screen time children engage in, the more likely they are to be overweight.

BE CHOOSY

Pick what shows you're going to watch ahead of time. Don't leave the TV on all day.

NOT FOR THE LITTLES

No screen time for children under two. No more than one hour for children 2-5 years old.



ONE

ONE HOUR OR MORE OF PHYSICAL ACTIVITY

Play every day, any way, to keep both body and brain fit.

BET YOU CAN STILL KICK THE CAN

Teach your children the games you played as a kid.

IN ANY WEATHER

Jump rope, balls, and space for play can keep your family active, rain or shine.

GIFTS THAT KEEP ON GIVING

Give gifts that promote physical activity.



ZERO

ZERO SWEETENED BEVERAGES

Sweet drinks pour on the pounds. Water and low fat milk first.

SET LIMITS ON JUICE

Though juice contains natural sugar, it has a lot of calories and few nutrients. Dilute it with water.

KEEP IT HANDY, KEEP IT COLD

Have a pitcher of water in the fridge. Serve water at every meal.

OUT TO EAT

Choose water at restaurants to save money and calories. If you get a sweet drink, don't get a refill.