

HEALTHY KIDS DAY[®]

Parent & Caregiver Toolkit

RECIPE

FOR A HEALTHY KID



INGREDIENTS & STEPS

1. Start with a tummy full of healthy food



2. Stir in a cup of physical activity



3. Add a tablespoon of laughter



4. Mix in a pinch of curiosity



5. Sprinkle with a dash of fun!



RECIPE FOR STRONG MINDS AND BODIES

RECIPE

FOR A HEALTHY KID

Use the links below to help keep minds active and strong all summer long!



Test the Strength of Spider Webs:
(<https://www.pbs.org/parents/crafts-and-experiments/test-the-strength-of-spider-webs>)



Build an Aqueduct:
(<https://www.pbs.org/parents/crafts-and-experiments/build-an-aqueduct>)



Build a Bug Box:
(<https://www.pbs.org/parents/crafts-and-experiments/bug-box>)

Kid-Friendly, Healthy Recipes

Did you know kids are more likely to try foods when they've helped make the meal? From hearty pancakes to eggplant stir fry to banana "ice cream," there's something for everyone on ymca.net. Visit ymca.net/y-recipes for more!

Picky Eaters? Check out these tips on encouraging kids to eat healthier:

- **Give kids some power to choose** – a fun recipe, a new fruit or veggie as a side dish or even the theme of the meal
- **Serve meals family style**
- **Build on the familiar** – pair new foods with those they already love
- **Focus on mealtimes** – not the meal
- Add some **novelty to foods** such as fun shapes
- **Set kids up to have healthy attitudes towards food** – Don't put labels on foods such as "bad" or "good"



RECIPE FOR PHYSICAL ACTIVITY

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Help your kids get moving!

Toddlers and preschoolers need at least 3 hours of physical activity each day. This can be through structured play such as toddler dance or gymnastics class and free play such as moving around your home, playing in the backyard or on the playground.

Kids and teens ages 6 – 17 need 60 minutes of activity each day. Use your creativity to break this up during the day.

Before school

- **Walk the dog**
- Have a **10-minute dance party** to get the day started

During school

- **Encourage** kids to participate in recess activities

After School

- **Ride** a scooter or bike
- **Enroll** your child in team sports (Bonus: this also teaches teamwork and responsibility!)
- **Go to the Y** and swim!
- **Limit screen time** and instead encourage outdoor play with friends

Additional Resources

For physical activity tips, an interactive Move Tool and ideas on how to be active as a family, visit: <https://health.gov/moveyourway/get-kids-active>



RECIPE FOR MENTAL HEALTH

RECIPE FOR A HEALTHY KID

At the Y, we know that a vital component to building strong communities is supporting the mental health of the entire community.

Visit the La Cross Area Family YMCA's website for activities to help foster good mental health with your family.

INGREDIENTS FOR GOOD MENTAL HEALTH

1. Love



2. Connections with Others



3. Listening



4. Applause and Support



5. Validating Feelings



6. Rest



7. Physical Activity



8. Education



8. Talking to Your Pediatrician



RECIPE FOR SAFETY

RECIPE FOR A HEALTHY KID

Even very young children can learn some skills to help keep them safe from abuse, but it's up to parents to help them learn what they need to know. Here are some important things you can teach that will help you help your child stay safe.*

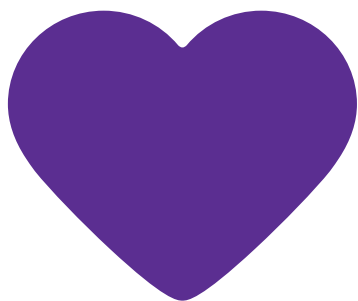
Teach Your Children About Their Bodies

Name Body Parts

Talk to your child about body parts, and name private parts in that discussion. This will give your child words to use when they need to tell you anything about their body, like an injury, rash or other problem in that area.

Rules About Touching Bodies

Preschoolers understand the idea of rules. They know there are rules about hitting and biting, rules about playing nicely with others and rules about being safe, like wearing seatbelts. So as you teach these rules, just add rules about touching their bodies—and add rules about private parts, too—like “Never let other people touch your private parts unless Mommy or Daddy knows about it.”



What to do if Someone Tries to Break the Rules

Your children need to know what to do when someone breaks the rules about touching with them. They need to know:

- **What to say** to someone who breaks the rules about touching,
- **To move away** from someone who is breaking the rules about touching, and
- **To tell you** or another adult if someone breaks the rules about touching.

Teach your child to say, “No!” “No! Don’t touch my private parts,” “My body is private. You can’t touch me there,” “Leave me alone,” or simply, “Don’t do that.” Teach your child to say this to other children as well as to adults. Practice saying phrases like these with your child.

Teach your child to move away from anyone who is breaking the rules about touching. Tell your child that it’s ok to get out of someone’s lap or pull away from a hug, even if an adult asks them not to.

Teach your child to tell you or another adult, such as a teacher or caregiver if someone breaks the rules about touching them.

*Tips compiled by Praesidium

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YMCA OF THE USA
101 N Wacker Drive
Chicago IL 60606
800 872 9622
ymca.net