

Social Wellness Checklist

Positive social habits can help you build support systems and stay healthier mentally and physically. Here are some tips for connecting with others:



SHAPE YOUR FAMILY'S HEALTH HABITS

Many things can influence a child, including friends, teachers, and the things they see when they sit in front of the TV or computer. If you're a parent, know that your everyday behavior plays a big part in shaping your child's behavior, too. With your help, kids can learn to develop healthy eating and physical activity habits that last throughout their lives.

TO HELP KIDS FORM HEALTHY HABITS:

- Be a role model.** Eat healthy family meals together. Walk or ride bikes instead of watching TV or surfing the Web.
- Make healthy choices easy.** Put nutritious food where it's easy to see. Keep balls and other sports gear handy.
- Focus on fun.** Play in the park, or walk through the zoo or on a nature trail. Cook a healthy meal together.
- Limit screen time.** Don't put a TV in your child's bedroom. Avoid snacks and meals in front of the TV.
- Check with caregivers or schools.** Make sure they offer healthy foods, active playtime, and limited TV or video games.
- Change a little at a time.** If you drink whole milk, switch to 2% milk for a while, then try even lower fat milks. If you drive everywhere, try walking to a nearby friend's house, then later try walking a little farther.