

Three Cheers for Health!

Tips from Head to Toe



Tackle Tooth Decay

- Never let a baby fall asleep with a bottle
- Make sure toddlers brush twice a day
- Visit a dentist by your child's first birthday

Choose Healthy Foods

- Make sure your child eats at least five servings of fruits and vegetables every day
- Choose water over soda and other sugary drinks
- Give kids low-fat dairy products like milk, yogurt and cheese

Move and Groove

- Walk, bike or run with your kids every day
- Play games like "Follow the Leader" and "Hide-and-Go-Seek"
- Limit TV, video games and computer time, and go outside!

For more information about First 5 Sacramento, call (916) 876-5865 or visit www.First5Sacramento.net and www.first5california.com/parents.

