



4-10 YEAR

SCREEN TIME: The AAP recommends limiting screen time for children 2-5 years of age to one hour a day of high-quality programs. For children 6 and older, set consistent screen-time/media limits for your family. Designate regular media-free periods of time.

HEALTHY EATING HABITS: Use The Plate Method to help with portion sizes (1/2 plate should be fruits/veggies, 1/4 plate should be carbohydrates, 1/4 plate should be protein with one serving of dairy). Drinks should be primarily water, 16-20 ounces of 2% or 1% milk a day (or 2-3 servings of dairy a day), limit juice to no more than 4 ounces a day. Avoid sugary drinks like Gatorade, Kool-Aid, sodas, sweet tea.

EXERCISE: American Academy of Pediatrics recommends 60 minutes of physical activity a day for children 6 years and older. Exercise can be anything that makes your heart beat faster, makes you sweaty and is safe. Find an activity that you enjoy doing together as a family, such as running, bike riding, playing basketball or soccer.

CAR SEATS: Once children are forward-facing in the car (usually after 2 years of age), they should use a forward-facing car seat with a harness as long as possible, until they reach the height and weight limits for their seats. Many seats can accommodate children up to 65 pounds.

After children exceed these limits, they should use a belt-positioning booster seat until the vehicle's lap and shoulder seat belt fit properly. This is often when they have reached at least 4 ft, 9 inches in height and are 8-12 years old.

SUMMER SAFETY: Sunscreen is safe for children 6 months and older. Remember to reapply sunscreen every 2 hours while in the sun or in the pool. You can use bug-spray for kids over 2 months of age. Bug spray with 10-30% DEET is safe for children, per American Academy of Pediatrics.

DENTAL CARE: Remember to brush teeth twice a day with fluoride toothpaste and to see the dentist every 6 months for routine dental care and cleaning.

POOL SAFETY: Always watch your children when they're in or near a pool or spa. If multiple adults are present, designate one of them to watch the children for a designated amount of time and then rotate. Consider hiring a life guard if you are having a pool party. Teach children basic water safety tips and enroll them in swimming lessons. Don't rely on fun toys such as water wings or noodles to keep your children safe. If your child can't swim, fit them with an age and weight appropriate personal flotation device.