

Creating  
**Healthy  
Routines**  
for You and Your  
**Family**  
Parent Resource



## Tip Sheet

Healthy kids have more energy to be physically active and are better prepared to learn. Healthy food and drink choices, daily physical activity, proper sleep, and following sun safety practices will help children of all ages and abilities to build and maintain a healthy body and mind.

To download our full healthy routines resource visit

[durham.ca/healthyroutines](https://durham.ca/healthyroutines)



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Durham Health Connection Line  
905-668-2020 or 1-800-841-2729  
[durham.ca/healthyroutines](https://durham.ca/healthyroutines)



If you require this information in an accessible format, contact 1-800-841-2729.



# Tips for creating Healthy Routines

- Aim for meals and snacks to include mostly vegetables and fruits.
- Include protein foods, especially those that come from plants, more often, like beans, legumes or tofu.
- Include whole grain foods such as brown rice, whole grain pasta or bread.

**Balance meals and snacks!**

**Make meal time family time!**

**Role model making healthy choices!**

**Rethink your drink!**

- Make water the drink of choice for the entire family (e.g. have a cold pitcher of tap water available in your fridge or try adding fruit to water to change up the flavour).
- Carry a reusable water bottle.

- Children aged 2-4 years – limit sedentary screen time to less than 1 hour per day; less is better.
- Children and youth aged 5-17 years – limit recreational screen time to less than 2 hours per day; less is better.

**Replace sedentary screen time with active play!**

**Spend less time sitting!**

**Be active and play together as a family!**

**Move and play every day!**

- Children aged 3-4 years need at least 180 minutes (3 hours) of physical activity at any intensity spread throughout the day.
- Children and youth (aged 5-17 years) need to accumulate at least 60 minutes of heart pumping physical activity per day.

- Children aged 3-4 years need 10 – 13 hours of good-quality sleep, which may include a nap.
- Children aged 5-13 years need 9-11 hours of uninterrupted sleep.
- Youth aged 14-17 years need 8-10 hours of uninterrupted sleep.

**Get enough sleep!**

**Try to have the same bed and wake-up time every day!**

**Check daily UV index before outdoor activities!**

**Be sun safe!**

- Have outdoor playtime before 11 a.m. and/or after 3 p.m.
- Apply plenty of broad-spectrum, water-resistant sunscreen and lip balm with SPF 30 or more at least 20 minutes before going outside.