

# Ideas & Tips for 3 to 5 years

## Eat Well

- > Make meal time family time: turn off all screens and talk together
- > Talk to your healthcare provider if you have questions about nut or other food allergies

### To manage serving sizes:

- > Use smaller plates, bowls, and cups when serving food and drinks

### To help your child drink well:

- > Offer water and low-fat plain milk first
- > If you serve juice, make sure it is 100% fruit juice, and serve it *with* their meal instead of between meal times
- > Limit juice (even 100%) to ½ cup each day

## Play Together

### To limit screen time:

- > Set up screen time guidelines for the entire family
- > Try other ways to soothe your child when they are upset, like hugging them or reading a book together. Using screens for calming may make it harder for children to learn how to calm themselves
- > If you choose screen time, limit it to 1 hour, and watch kid-friendly shows together to help your child understand what they see

### To encourage active play:

- > Make family time active time! Go for a walk or play a game outside together
- > Provide child-safe toys like balls, blocks, or crayons
- > Make sure all playtime is safe and supervised

## Sleep More

### To help your child learn to sleep well on their own:

- > Try not to go to their room every time they call out

### If your child is afraid of the dark:

- > Talk to them about their fears
- > Agree that their fears feel real, and let them know that you are there to keep them safe
- > Give them a nightlight for their room

# Resources

## Somerville Hub

[somervillehub.org](http://somervillehub.org)

## American Academy of Pediatrics

[healthychildren.org](http://healthychildren.org)

## Women, Infants, and Children (WIC)

[mass.gov/eohhs/consumer/basic-needs/food/wic](http://mass.gov/eohhs/consumer/basic-needs/food/wic)

## Somerville Non-Emergency 311 Service Center

Dial 311



### Remember: Not all children are the same!

The information here should not take the place of advice from your doctor or health care provider. Ask them for additional information about your child.



## SHAPE UP UNDER 5

Healthy bodies healthy minds  
from birth to 5 years

[ShapeUpUnder5@somervillema.gov](mailto:ShapeUpUnder5@somervillema.gov)

This brochure was created with information from AAP in 2017. This work is made possible with support from NHLBI of the National Institutes of Health under award 1R01HL115485. The content is solely the responsibility of the authors at Tufts University and does not necessarily represent the official views of the National Institutes of Health.

# Small Steps to Healthy Bodies Healthy Minds

## 3 to 5 years



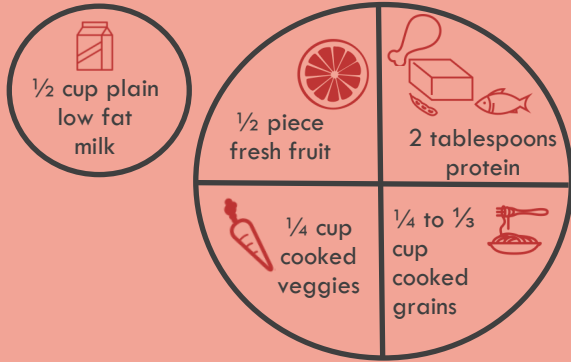
## Eat Well

## Play Together

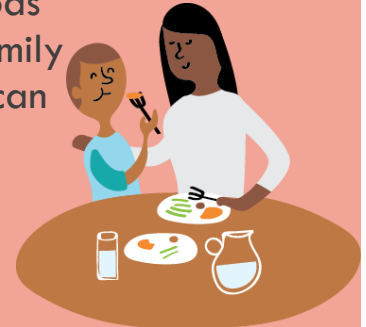
## Sleep More

## SMALL MEALS FOR SMALL HANDS

1 meal =



- ✓ Start with breakfast every day
- ✓ **Snack smart.** Choose fruits & vegetables as often as you can
- ✓ Eat the same foods together as a family as often as you can



**Your child is sweet enough!**

They don't need soda or other sugary drinks

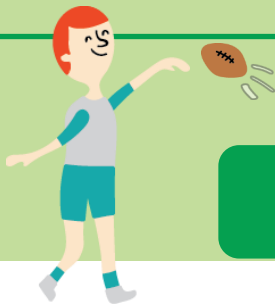
**Eat Well**

**Play Together**

**Sleep More**

### Practice new moves:

- ★ Hopping & standing on one foot
- ★ Going up & down stairs
- ★ Kicking & catching a ball
- ★ Skipping & swinging



- ✓ **Fit in play throughout the day.** Make daily tasks like grocery shopping active and fun
- ✓ **Limit screen time to 1 hour each day** (TV, computer, tablet, smartphone, and video games)
- ✓ Be a role model by turning off screens when you are together

**Habits form quickly at this age!**

Aim for at least 60 minutes of active play each day

### Get ready for bed by:

- ★ Reading books
- ★ Telling stories
- ★ Listening to soft music
- ★ Giving a warm bath

Using screens before bed can make it harder to settle down

- ✓ Your child needs **10-13 hours** of sleep each day, including naps
- ✓ Make sleeping areas slightly cool, quiet, and free of screens



**Routines are helpful for your child!**

Make bedtime and wake-up time the same 7 days a week