## Healthy New Year Resolutions for Kids

Ideas to help your children live well.

## **PRESCHOOLERS**

- I will clean up my toys and put them where they belong.
- I will brush my teeth twice a day
- I will wash my hands after going to the bathroom and before eating.
- I won't tease dogs or other pets even friendly ones.
- I will listen to mom or dad the first time.

## KIDS, 5- TO 12-YEARS-OLD

- I will drink 2% milk and water three times each day, and limit soda and fruit drinks to once each day.
- I will apply sunscreen before I go outdoors on bright sunny days. I will try to stay in the shade whenever possible and wear a hat and sunglasses, especially when I'm playing sports.

- I will try to find a sport (like basketball or soccer) or an activity (like playing tag, jumping rope, dancing or riding my bike) that I like and do it at least three times a week!
- I will always wear a helmet when bicycling.
- I will wear my seat belt every time I get in a car. I'll sit in the back seat and use a booster seat until I am tall enough to use a lap/shoulder seat belt.
- I'll be nice to other kids.
- I'll be friendly to kids who need friends like someone who is shy, or is new to my school.
- I'll never give out personal information such as my name, home address, school name or telephone number on the Internet.
- I'll never send a picture of myself to someone I chat with on the computer without my parent's permission.