

raising healthy **kids**



Talk and Play Together about Healthy Living

RAISING
HEALTHY KIDS
ON-THE-GO

We build strong kids,
strong families,
strong communities.



Plus de vie à la vie
des jeunes, des familles
et de la communauté.

YMCA

PART OF BEING A HEALTHY FAMILY MEANS THAT YOU ARE ON THE GO. YOU TAKE YOUR KIDS IN THE CAR, AND ON PUBLIC TRANSIT. SOMETIMES YOU'RE STUCK WAITING— IN TRAFFIC, FOR THE RAIN TO STOP FOR A SOCCER MATCH, OR TO SEE YOUR CHILD'S DOCTOR.

USE THESE CARDS WITH YOUR KIDS TO TALK ABOUT HEALTHY EATING AND PHYSICAL ACTIVITY. THEN SEE HOW YOUR TALK CAN TURN INTO ACTION.



NOT SURE WHAT TO SAY? SIDE ONE OF THESE CARDS WILL HELP YOU GET THE CONVERSATION STARTED. SIDE TWO WILL GIVE YOU TALKING TIPS ON HOW TO KEEP THE CONVERSATION GOING AND ONE EASY HEALTH ACTION. BUT DON'T STOP THERE. SEE WHERE THE CONVERSATION LEADS AFTER YOU ANSWER ALL THE QUESTIONS. YOU MAY BE SURPRISED.





TALKING TIPS



GETTING ACTIVE

Talk to Your Kids. Ask Yourself and Your Kids:

If you had more time for physical activity, what would you do?
Why?



GETTING ACTIVE

TALKING TIPS WITH YOUR KIDS:

- What stops you from doing the activities you want to? Why?
- If you could take a class that would get you more physically active, what would you take? Why?
- What ideas do you have for our family to be more active?

TAKE ACTION:

Choose a simple activity to do today. Take a short, brisk walk. Hop, skip and jump to or from the car or transit stop.



YOUR FAVOURITE PEOPLE

Talk to Your Kids. Ask Yourself and Your Kids:

Which five people are your biggest supporters? Why?

YOUR FAVOURITE PEOPLE

TALKING TIPS WITH YOUR KIDS:

- If you were stranded on an island, which five people would you want with you? Why?
- Which people would know how to survive under harsh conditions? Why?
- If you could have more than five people with you, who else would you add? Why?

TAKE ACTION:

Plan to take turns getting together with five significant people in your life. Thank them. Do something fun together.



HEALTHY BODY

Talk to Your Kids. Ask Yourself and Your Kids:

How do you feel about your body?
Why?

HEALTHY BODY

TALKING TIPS WITH YOUR KIDS:

- What do you like about your body? Why?
- What frustrates you about your body? Why?
- What does a healthy body feel like and look like? Why do you think this?

TAKE ACTION:

Look in the mirror with your child. Highlight the positives. Talk about what you like about your body (and your child's body).



CULTURAL FOODS

Talk to Your Kids. Ask Yourself and Your Kids:

How often do you eat foods from other cultures? What do you think of cultural foods?

CULTURAL FOODS

TALKING TIPS WITH YOUR KIDS:

- If you could live in a country outside of Canada because of the great food, which country would you choose? Why?
- Which cultural foods do you like best? Why?
- Which cultural foods do you like least? Why?

TAKE ACTION:

Take your kids to a local restaurant that differs from your typical diet. Or visit a specialty grocery store.



healthy
balance

PREVENT DIABETES

Talk to Your Kids. Ask Yourself and Your Kids:

Who do you know who has type 1 diabetes, type 2 diabetes, or gestational diabetes?



PREVENT DIABETES

TALKING TIPS WITH YOUR KIDS:

- Since obesity may lead to type 2 diabetes, how can we try to weigh a healthy weight?
- Physical activity may prevent type 2 diabetes. Which fun physical activities could we do?
- Eating healthy may prevent type 2 diabetes. How can we eat healthier?

TAKE ACTION:

Prevent type 2 diabetes. Maintain a healthy weight. Eat more vegetables and fruits. Get regular physical activity. Reduce your stress levels. Learn more about diabetes from the Canadian Diabetes Association at www.diabetes.ca.



STRESS AND EATING

Talk to Your Kids. Ask Yourself and Your Kids:

*Which foods do you eat or want
to eat when you're stressed?*

STRESS AND EATING

TALKING TIPS WITH YOUR KIDS:

- What makes you stressed?
- How does your body feel when you are stressed?
- How can you deal with stress in a positive way?

TAKE ACTION:

The next time you sense your child is stressed, take him or her for a walk.

Or play together.



healthy
actions

COOPED UP INSIDE

Talk to Your Kids. Ask Yourself and Your Kids:

How can you be physically active
when you're cooped up inside?



COOPED UP INSIDE

TALKING TIPS WITH YOUR KIDS:

- When is it more difficult to stay active: several rainy days in a row or in the winter? Why?
- When have you tried doing physical activity outside when the weather hasn't been great?
- What other ways could you be physically active when the weather is bad?

TAKE ACTION:

Count the stairs in your home by running up and down them. If you don't have stairs, count the number of steps it takes to walk through your home.



FEELING GOOD ABOUT YOURSELF

Talk to Your Kids. Ask Yourself and Your Kids:

Which people have been a positive influence in your life?

FEELING GOOD ABOUT YOURSELF

TALKING TIPS WITH YOUR KIDS:

- Who makes you feel good about yourself?
Why?
- How does this person make you feel good about yourself?
- When you feel good about yourself, what are your eating choices and physical activity habits like?

TAKE ACTION:

Contact one person who makes you feel good about yourself. Arrange for a time to get together.



healthy
spirit

HEALTHY SPIRIT

Talk to Your Kids. Ask Yourself and Your Kids:

What does a healthy spirit mean
to you?

HEALTHY SPIRIT

TALKING TIPS WITH YOUR KIDS:

- How does having a healthy spirit affect the way you eat and get physical activity?
- How do you make your spirit healthier?
- How does having a healthy spirit affect your attitude toward life?

TAKE ACTION:

What one thing can we do for others this month? How can we give back to our community?



healthy
eating

THE POWER OF IMAGINATION

Talk to Your Kids. Ask Yourself and Your Kids:

*How can your imagination help you
have better eating habits?*

THE POWER OF IMAGINATION

TALKING TIPS WITH YOUR KIDS:

- If you could become a vegetable, which would you choose? Why?
- What would a vegetable eat to be healthy?
- What kind of physical activity would this vegetable do?



TAKE ACTION:

Take your kids to buy an extra or new healthy vegetable for dinner.



HELPING THE EARTH

Talk to Your Kids. Ask Yourself and Your Kids:

How do you take care of the earth? How often do you recycle? Reuse items? Reduce the amount you use?

HELPING THE EARTH

TALKING TIPS WITH YOUR KIDS:

- How could we recycle more?
- How could we cut back on the number of items we use?
- How can we take better care of the earth?



TAKE ACTION:

Recycle as much as you can. Dispose of hazardous materials (such as electronics, batteries, paint, etc.) at hazardous waste drop-off sites.



HEALTH CHOICES

Talk to Your Kids. Ask Yourself and Your Kids:

*Which of your health choices
could you not live without? Why?*



HEALTH CHOICES

TALKING TIPS WITH YOUR KIDS:

- Which health choices do you enjoy most?
Why?
- Which health choices are most important?
Why?
- Who taught you that certain health choices
are more important than others?

TAKE ACTION:

Pick one health choice that has been slipping lately. Show how much you value it by acting on it more.



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OUTDOOR PHYSICAL ACTIVITY

Talk to Your Kids. Ask Yourself and Your Kids:

*When do you feel close to nature
during a physical activity?*

OUTDOOR PHYSICAL ACTIVITY

TALKING TIPS WITH YOUR KIDS:

- Which physical activity can you do outdoors throughout the year?
- Which physical activities can you do outdoors during the winter?
- Why do you think some people like doing physical activity in nature?

TAKE ACTION:

Get a map of the parks in your area from your community's parks and recreation department. Choose one park to hike and play in.



EATING AT ANOTHER HOME

Talk to Your Kids. Ask Yourself and Your Kids:

*Whose home do you like eating at
best? Why?*

EATING AT ANOTHER HOME

TALKING TIPS WITH YOUR KIDS:

- How often do you eat at someone else's home? Why?
- Whose home do you eat at most: a relative's, a friend's, a neighbour's?
- How could we make our home more inviting and healthy when others come to eat?

TAKE ACTION:

Book a date and invite someone to eat a meal with you in your home.



GIVING LIFE MEANING

Talk to Your Kids. Ask Yourself and Your Kids:

*What makes your day meaningful
or important? Why?*

GIVING LIFE MEANING

TALKING TIPS WITH YOUR KIDS:

- How does physical activity add meaning to your day?
- How does healthy eating make your day more meaningful?
- How do relationships make your day better?

TAKE ACTION:

Choose one activity that gives meaning to your day.



MONEY

Talk to Your Kids. Ask Yourself and Your Kids:

Does it matter how much money you have to eat healthy? Why or why not?

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MONEY

TALKING TIPS WITH YOUR KIDS:

- Which healthy foods could our family buy to give to our local food bank?
- How else could we help people who don't have as much as we do?
- How could our family use our money more wisely so that we eat better?

TAKE ACTION:

Vow not to eat out for one month. (Or one week.) Place the money you would spend eating out into a bowl on your table. At the end of the time, give the money to a food bank or charity.



HEALTHY FOOD CHOICES

Talk to Your Kids. Ask Yourself and Your Kids:

When you are too busy, what short cuts do you take when choosing healthy foods?

HEALTHY FOOD CHOICES

TALKING TIPS WITH YOUR KIDS:

- What happens when you skip certain healthy foods for too long?
- When you have more time, do you ever lengthen or add to your healthy choices? If so, what do you add? Why?
- How do you make healthy food choices most of the time?

TAKE ACTION:

Cook a healthy meal together. Then eat together and enjoy the conversation.



healthy
habits

HEALTHY TEETH

Talk to Your Kids. Ask Yourself and Your Kids:

*How do you take care of your
teeth?*

HEALTHY TEETH

TALKING TIPS WITH YOUR KIDS:

- How often do you brush your teeth? Why?
Floss your teeth?
- How often do you go to your dentist? Why?
- Why is it important to take good care of your teeth?

TAKE ACTION:

Choose one simple action to care for your teeth. If you are not used to flossing, start to floss daily. If you haven't seen the dentist in a long time, make an appointment.



FAMILY ACTIVITIES

Talk to Your Kids. Ask Yourself and Your Kids:

*Which games and activities do we
do most often as a family?*



FAMILY ACTIVITIES

TALKING TIPS WITH YOUR KIDS:

- Which activities could we spend more time doing together?
- Is it better to do a couple of short activities or one long activity? Why?
- How could you change a family chore into something more physically active?

TAKE ACTION:

Add some physical activity to spice up your homework routine. After every fifteen minutes of homework, do five jumping jacks. Or jog around your home.



ENERGY TO PLAY SPORTS

Talk to Your Kids. Ask Yourself and Your Kids:

How much energy do you need to play sports? What if you're tired?

ENERGY TO PLAY SPORTS

TALKING TIPS WITH YOUR KIDS:

- Who do you admire who has lots of energy to play sports?
- Have you ever told this person that you admire him or her? Why or why not?
- What does a person who has energy to play sports eat?

TAKE ACTION:

When you are all tired, play together for 10 minutes. (Try to get your heart rate up.) How do you feel afterward?



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spirit

YOUR SPIRIT'S PULSE

Talk to Your Kids. Ask Yourself and Your Kids:

How healthy is your spirit right
now? Why?

YOUR SPIRIT'S PULSE

TALKING TIPS WITH YOUR KIDS:

- Which activities nurture your spirit? Why?
- What can we do together to help lift our spirit?
- How does our home nurture your spirit?

TAKE ACTION:

Do one small thing to nurture your spirit.
Take five minutes to be quiet together.
Read a book. Laugh together.



WEIRD FOOD

Talk to Your Kids. Ask Yourself and Your Kids:

How do you judge a meal: by how it tastes, how it smells, how healthy it is, or by how it looks? Why?

WEIRD FOOD

TALKING TIPS WITH YOUR KIDS:

- What is the weirdest meal you have ever eaten?
- Which food did you eat once and will never eat again? Why?
- Which food did you think was weird before you tasted it—and then you changed your mind? Why?

TAKE ACTION:

Try a new food that you've never tried before.



EATING THE RIGHT AMOUNT

Talk to Your Kids. Ask Yourself and Your Kids:

*How do you know how much is
appropriate for you to eat?*

EATING THE RIGHT AMOUNT

TALKING TIPS WITH YOUR KIDS:

- How do you feel when you eat too much?
- How do you feel when you don't eat enough?
- How do you know how much food you need to eat at each meal?

TAKE ACTION:

The next time you eat together, talk about how much you eat. How can you keep from overeating? Undereating? Eat more slowly. Pay attention to your hunger signals.



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HEALTHY HABITS

Talk to Your Kids. Ask Yourself and Your Kids:

*Which healthy habit did you
learn from someone else?*



HEALTHY HABITS

TALKING TIPS WITH YOUR KIDS:

- Where do you learn the most about healthy habits? Why?
- Which one of your friends has a lot of healthy habits?
- How long does it take for you to develop a new healthy habit? Why?

TAKE ACTION:

Choose one new healthy habit you would like to start. Keep track of how you do. Expect slip ups. Keep trying until the habit becomes part of your life.



FAVOURITE COACH

Talk to Your Kids. Ask Yourself and Your Kids:

Which coach or gym teacher has made the biggest impact on your life? Why?

FAVOURITE COACH

TALKING TIPS WITH YOUR KIDS:

- Who is—or was—your favourite coach or gym teacher? Why?
- What makes one coach or gym teacher better than another?
- What things did you learn from your favourite coach or teacher?

TAKE ACTION:

Thank your favourite coach or gym teacher. Send a note, an e-mail, or thank him or her in person.



TV CHARACTERS

Talk to Your Kids. Ask Yourself and Your Kids:

How do you feel TV influences
your health habits?

TV CHARACTERS

TALKING TIPS WITH YOUR KIDS:

- Do you think TV characters are good role models when it comes to healthy eating choices? Why or why not?
- Who is your favourite TV character? Would you like to live like him or her? Do you think this character makes healthy food choices?
- If you created a TV character that made healthy eating choices, what would this character eat? Why?

TAKE ACTION:

Watch your child's favourite TV show with him or her. Afterward, ask how the TV show and its commercials promoted healthy choices.



YOUR VALUES

Talk to Your Kids. Ask Yourself and Your Kids:

Which values are important to you? Why?

YOUR VALUES

TALKING TIPS WITH YOUR KIDS:

- Which of these values is most important to you: caring, honesty, responsibility, or respect? Why?
- What would happen if our world didn't emphasize positive values?
- Which values can help you make healthy food choices?

TAKE ACTION:

Emphasize the value of caring by talking about how good it is to care for our bodies. Eat healthy. Get some physical activity. Get enough sleep.



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EMOTIONS AND EATING

Talk to Your Kids. Ask Yourself and Your Kids:

How do your emotions affect your eating choices?



EMOTIONS AND EATING

TALKING TIPS WITH YOUR KIDS:

- What was the funniest thing that happened to you when you were eating?
- When is it easier for you to eat: when you're happy or when you're sad? Why?
- Why is it easier to eat when you're not angry with someone at the table?

TAKE ACTION:

Talk about emotions at any place but the family table. Since emotion can kill appetites, keep your eating times enjoyable and stress free.



HEALTH ROUTINES

Talk to Your Kids. Ask Yourself and Your Kids:

Which part of your health routine is out of balance: sleeping enough, eating properly, exercising, caring for your teeth, bathing, or drinking enough water?

HEALTH ROUTINES

TALKING TIPS WITH YOUR KIDS:

- Which part of your healthy routine takes up the least time?
- How can we both keep your health a priority when there are so many other interesting things to do?
- How could we help each other with our daily health routines?

TAKE ACTION:

Write your daily health routine. Post it.
Follow it each day.



HEALTHY SLEEP

Talk to Your Kids. Ask Yourself and Your Kids:

How much sleep do you get each night? How much do you wish you could get?



HEALTHY SLEEP

TALKING TIPS WITH YOUR KIDS:

- How much sleep do you think you need in order to be healthy?
- Do you have a hard time getting up to go to school? Why?
- Which bedtime routines are most helpful to help you unwind and go to sleep? Why?

TAKE ACTION:

Create a bedtime routine. Count backward from the time you wish your kids would go to sleep. (Putting kids to bed can take awhile.) Set a designated lights-out time.



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PROFESSIONAL ATHLETES

Talk to Your Kids. Ask Yourself and Your Kids:

How do you feel about
professional athletes? How do
athletes influence you?

PROFESSIONAL ATHLETES

TALKING TIPS WITH YOUR KIDS:

- If you could become a professional athlete, which sport would you pick? Why?
- Are professional athletes good health role models? Why or why not?
- Why do so many people want to become professional athletes?

TAKE ACTION:

Learn more about your kid's favourite athlete. Talk about the athlete's character in addition to his or her athletic performance.



MOTIVATED TO MOVE

Talk to Your Kids. Ask Yourself and Your Kids:

How do you motivate yourself
to do physical activity?

MOTIVATED TO MOVE

TALKING TIPS WITH YOUR KIDS:

- Which physical activities get you most excited? Why?
- Which physical activities bore you? Why?
- How can we motivate each other to get more active?

TAKE ACTION:

Motivate each other to move today.
Jog in place. Move your arms like you're swimming. Dance.



MEDIA MESSAGES

Talk to Your Kids. Ask Yourself and Your Kids:

How does the media (television, magazines, newspapers) influence how you think of your body?

MEDIA MESSAGES

TALKING TIPS WITH YOUR KIDS:

- How does the media (television, magazines, newspapers) describe the perfect body? What do you think of that?
- What do you wish the media truthfully said about a healthy body?
- What does a healthy body look like? Feel like?

TAKE ACTION:

Talk about the fact that we are all different. What we feed our bodies and how we take care of our bodies is more important than what the media says about our bodies.



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WATER

Talk to Your Kids. Ask Yourself and Your Kids:

How do you know if you're
drinking enough water every day?



WATER

TALKING TIPS WITH YOUR KIDS:

- Do you drink a minimum of 8 glasses of water each day?
- If not, how can you drink more water every day?
- Why do you think water is important for your body?

TAKE ACTION:

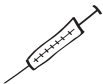
Check to see if you're drinking enough water. You want the colour of your urine to be pale yellow. If you're not drinking enough, your urine will be dark yellow.



GETTING SICK

Talk to Your Kids. Ask Yourself and Your Kids:

Remember a time you got sick and you knew it was because you weren't taking care of yourself.



GETTING SICK

TALKING TIPS WITH YOUR KIDS:

- What do you think can sometimes make you ill: not eating right, not getting enough sleep, not getting enough physical activity, or having too much stress? Why?
- What do you eat and drink when you're sick? Why?
- What do you think your body is telling you when you're sick?

TAKE ACTION:

Make sure everyone is up to date on his or her immunizations. For adults, it's easy to get behind on tetanus shots.



UNHEALTHY HABITS

Talk to Your Kids. Ask Yourself and Your Kids:

*Which unhealthy habits have you
observed most in people you know?*

UNHEALTHY HABITS

TALKING TIPS WITH YOUR KIDS:

- Why do you think some people make unhealthy choices?
- How do you change an unhealthy habit to a healthy one?
- How can you help others around you be healthier?

TAKE ACTION:

Support others to change to healthier habits. Encourage your kids to eat more vegetables and fruit. Make sure everyone is getting enough sleep. Make time for physical activity.



FAVOURITE PHYSICAL ACTIVITY

Talk to Your Kids. Ask Yourself and Your Kids:

What is your favourite physical activity? Why?

FAVOURITE PHYSICAL ACTIVITY

TALKING TIPS WITH YOUR KIDS:

- Which physical activity do you enjoy doing best with our family? Why?
- Which physical activity do you like doing best by yourself? Why?
- What's your favourite sport? Why?

TAKE ACTION:

Choose one of your favourite physical activities and do it today.



WHO TO COUNT ON

Talk to Your Kids. Ask Yourself and Your Kids:

When you're feeling down, who do you like to talk to? Why?

WHO TO COUNT ON

TALKING TIPS WITH YOUR KIDS:

- Who do you not like to talk to when you're feeling down? Why?
- What makes a good listener? Why?
- How are you a good listener?

TAKE ACTION:

Become an even better listener. Make eye contact with the person who is talking. Really listen to what the person has to say. Ask questions.



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YOUR BEST LIFE

Talk to Your Kids. Ask Yourself and Your Kids:

*What gets you excited about your
life? Why?*

YOUR BEST LIFE

TALKING TIPS WITH YOUR KIDS:

- Which people do you enjoy being with? Why?
- Which activity do you most look forward to doing? Why?
- If you could choose one place to spend a lot of time, where would it be? Why?

TAKE ACTION:

Make your life even better. Do something that gets you excited today.



FARMING

Talk to Your Kids. Ask Yourself and Your Kids:

Are any of our relatives or ancestors farmers? Tell me about these ancestors.

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FARMING



TALKING TIPS WITH YOUR KIDS:

- Why is farming important?
- Why do you think fewer people are becoming farmers?
- If you were a farmer, which foods would you grow or raise? Why?

TAKE ACTION:

Buy fresh local food from a farmer's market.



YOUR EATING CHOICES

Talk to Your Kids. Ask Yourself and Your Kids:

How would you describe your current eating choices? Why?

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YOUR EATING CHOICES

TALKING TIPS WITH YOUR KIDS:

- What makes your eating choices healthy?
- What keeps you from eating healthy?
- How do you feel about yourself when you're eating healthy? Eating unhealthy?

TAKE ACTION:

Discuss ideas on how to improve your current eating choices. Choose one idea, and do it.



SCREEN TIME

Talk to Your Kids. Ask Yourself and Your Kids:

How can you cut down on the time you spend watching TV, on the computer or playing video games?

SCREEN TIME

TALKING TIPS WITH YOUR KIDS:

- Which screen is most tempting to you: the TV, the computer, or hand-held video screens? Why?
- Is it a good idea to eat in front of screens? Why or why not?
- What could you do that would be healthier than sitting in front of a screen?

TAKE ACTION:

Go on a screen “fast” today. (Turn off the TV, the computer, and all video games.) Or cut down your usage to 30 minutes today.



SPECTATOR SPORTS

Talk to Your Kids. Ask Yourself and Your Kids:

How does your favourite sport team (or favourite athlete) affect your physical activity?



SPECTATOR SPORTS

TALKING TIPS WITH YOUR KIDS:

- Is it easier for you to be a spectator (cheer on someone else) or be the one playing the game? Why?
- Which sports do you like to watch but not like to play? Why?
- If you like watching sporting events, how can you make your watching more physically active?

TAKE ACTION:

When you're watching a game on TV, get up with every commercial. Run up and down the stairs. Dance. Do jumping jacks.



OVERWEIGHT OR THIN

Talk to Your Kids. Ask Yourself and Your Kids:

What are the health concerns for very obese people? For very thin people? Why?



OVERWEIGHT OR THIN

TALKING TIPS WITH YOUR KIDS:

- What do you think causes some people to become obese?
- What do you think causes some people to get too skinny?
- Is it easy or hard for you to talk with someone who is very obese or very thin? Why?

TAKE ACTION:

If you struggle with being too heavy or too thin, find a support group near you. It's easier to maintain a healthy weight when you have support.



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LIFTING YOUR SPIRIT

Talk to Your Kids. Ask Yourself and Your Kids:

What lifts your spirit?

LIFTING YOUR SPIRIT

TALKING TIPS WITH YOUR KIDS:

- When you're feeling low, what brings you up?
- When you're stressed, what helps you feel better?
- What keeps you going when you feel like quitting?

TAKE ACTION:

Do something that lifts your spirit. Jog to a nearby park. Watch a funny TV show. Eat your favourite healthy food.



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GREAT GRAINS

Talk to Your Kids. Ask Yourself and Your Kids:

What are your favourite healthy grains? Why?

GREAT GRAINS

TALKING TIPS WITH YOUR KIDS:

- Which grains do you enjoy eating most for breakfast? Why?
- How many servings of grains do you tend to eat in a day? Why?
- Which healthy grains are easy to snack on? Why?

TAKE ACTION:

Try a grain you've never had before. Consider trying amaranth, barley, buckwheat, millet, or quinoa.



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BEING HEALTHY

Talk to Your Kids. Ask Yourself and Your Kids:

When have you felt the healthiest?



BEING HEALTHY

TALKING TIPS WITH YOUR KIDS:

- How does feeling healthy give you more confidence?
- How do healthy people make others happier?
- How do healthy people make the world a better place?

TAKE ACTION:

Celebrate your good health and help others. Serve a meal at a homeless shelter. Volunteer to walk a neighbour's dog (for free). Run an errand for someone who is homebound.



ADVERTISING

Talk to Your Kids. Ask Yourself and Your Kids:

How do TV commercials and magazine advertising affect your eating habits and your physical activity?

ADVERTISING

TALKING TIPS WITH YOUR KIDS:

- How do commercials make new foods look so good?
- What are food commercials really selling? Why?
- How can you make healthy choices about food when there are so many commercials with different messages?

TAKE ACTION:

Examine magazine advertising about food together. (Or look at TV commercials.) Talk about how to know what's worth buying—and what's not.



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OLYMPIC GAMES

Talk to Your Kids. Ask Yourself and Your Kids:

Which physical activity do you do best? Have you ever dreamed about being a world champion?

OLYMPIC GAMES

TALKING TIPS WITH YOUR KIDS:

- What do you think of the Olympic Games? Why?
- If you could compete in the Olympic Games, which sport would you compete in?
- Of the physical activities that you do, which one would you give yourself a gold medal for? A silver? A bronze?

TAKE ACTION:

Have your child choose one of his or her favourite physical activities. As a family do that activity together.



ILLNESS AND HEALTH

Talk to Your Kids. Ask Yourself and Your Kids:

Who do you know who has had to change their eating habits because of an illness?

ILLNESS AND HEALTH

TALKING TIPS WITH YOUR KIDS:

- Who do you know who has diabetes, a food allergy, heart disease, or another disease that affects his or her eating?
- How has that person's illness changed his or her eating habits?
- Which foods do we eat that help prevent illness?

TAKE ACTION:

Talk with someone who has diabetes, a food allergy, or heart disease. Ask how he or she lives with the illness.



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ALL ABOUT YOU

Talk to Your Kids. Ask Yourself and Your Kids:

*What do you like best about
yourself?*

ALL ABOUT YOU

TALKING TIPS WITH YOUR KIDS:

- Which skills do you have?
- Which talents do you have?
- What are you curious about?



TAKE ACTION:

Celebrate the people in your family. Tell them about their strengths. Celebrate their achievements. Show your pride for your children and display photographs of family members. Hang your kids drawings (at work and at home).



FAVOURITE FOODS

Talk to Your Kids. Ask Yourself and Your Kids:

What is your favourite food group: grains, vegetables and fruits, milk products, or meats?
Why?

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FAVOURITE FOODS

TALKING TIPS WITH YOUR KIDS:

- Which food group is your least favourite: grains, vegetables and fruits, milk products, or meats? Why?
- What's your favourite healthy food?
- Which food group is your healthy food in?

TAKE ACTION:

Learn more about Canada's Food Guide. Read about Canada's food recommendations in the *Raising Healthy Kids Starter Kit*. Follow food tips on the *Raising Healthy Kids Growth Chart*.



YMCA CANADA

is a federation of 45 YMCAs and 8 YMCA-YWCAs
in Canada that build strong kids,
strong families, and strong communities.

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We build strong kids,
strong families,
strong communities.



Plus de vie à la vie
des jeunes, des familles
et de la communauté.

YMCA

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