

Steppingstones to Health

Abby's on a healthy path! As your child colors in the steppingstones, read each one aloud. Invite children to try to do some of these things today.



Tell a grown-up your favorite way to play.



Get lots of sleep. (Your doctor can tell your grown-up how many hours you need!)



It's healthy to play with friends! Next time you laugh hard at playtime, notice how your body feels.



Drink lots of water.

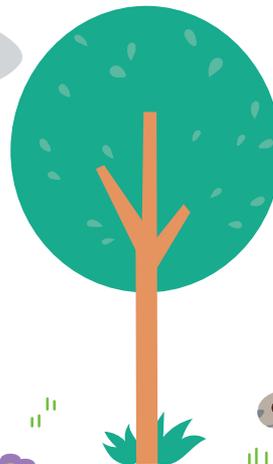
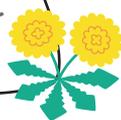


Eat a fruit or vegetable. Try a new one!

Learn a new way to move your body, like a yoga pose.

When you have big feelings, draw a picture of how you feel.

Read a book with a grown up. What's your favorite story?



Write one question to ask your doctor or nurse about your child's experience of any of these activities.