

What young children need



"Bring on the water!"

Children love to quench their thirst with water.
But young children should not be given sugary drinks.



"Good choice!"

Parents serve daily helpings of fresh fruit
and vegetables. This keeps kids healthy.



"Meal breaks!"

Children need 5 meals a day –
and nothing in between.



"That's enough!"

Kids know best when they're full –
which is why leftovers are fine.



"All together now..."

Children love eating in groups,
and it strengthens family bonds.



"Full steam ahead!"

Kids want to get out and play instead
of sitting in front of a screen.



"What a pong!"

Children love fresh air, and they hate people
smoking inside. Tobacco smoke is toxic.

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