



Parenting Tips: Healthy Habits

Infants: 0-12 months

- Wash hands frequently, including after every diaper change
- Wash your baby's hands after he or she has a bowel movement
- Protect children's skin (i.e. wearing sunscreen and protective clothing and hat; avoid sunbathing)
- Regularly wash and disinfect toys and surfaces
- Clean surfaces of public equipment (e.g. shopping carts) with disposable wipes
- Avoid close contact with others who are obviously sick
- Prepare food safely (i.e. washing hands, keeping kitchen areas clean)
- Cook food safely (e.g. cooking the food thoroughly to the recommended internal temperature)
- Store breast milk safely in the following ways:
 - Kept at room temperature for 4 hours.
 - Kept fresh in a cooler with blue ice [59 degrees F] for 24 hours
 - Stored fresh in the refrigerator [39 degrees F] for 3 days
 - Kept in a refrigerator freezer [4 degrees F] for up to 3 months
 - Frozen in a separate deep freezer [4 degrees F] for up to 6 months
- Maintain regular bedtimes (10-1/2 to 18 hours every 24 hours for infants)
- Get your child immunized
- Ensure your child's immunizations are current
- Visit the doctor regularly and keep records
- Teach and model good hygiene habits (e.g. covering mouth when coughing or sneezing. Babies and young children may not understand your instructions, but repetition will help them remember these concepts as they grow)

Toddlers: 1-2 years old

- Wash hands frequently, including before meals, after every diaper change and after using the bathroom
- Wash your child's hands after he or she uses the bathroom. Keeping fun pump soaps handy in the bathroom can encourage hand washing
- Brush and floss daily
- Protect children's skin (i.e. wearing sunscreen and protective clothing and hat; avoid sunbathing)
- Regularly wash and disinfect toys and surfaces

- Clean potty chairs/seats, training pants, and other bathroom-related items regularly
- Keep a plastic sheet on the bed in case of bed-wetting
- Clean surfaces of public equipment (e.g. shopping carts) with disposable wipes
- Avoid close contact with others who are obviously sick
- Prepare food safely (i.e. washing hands, keeping kitchen areas clean)
- Cook food safely (e.g. cooking the food thoroughly to the recommended internal temperature)
- Maintain regular bedtimes (12 to 14 hours every 24 hours for toddlers)
- Get your child immunized
- Ensure your child's immunizations are current
- Visit the doctor regularly and keep records
- Teach and model good hygiene habits (e.g. closing the lid when you flush; washing hands thoroughly every time you use the bathroom)

Preschoolers: 3-5 years old

- Wash hands frequently, including before meals and after using the bathroom
- Wash your child's hands after he or she uses the bathroom. Keeping fun pump soaps handy in the bathroom can encourage hand washing
- Brush and floss daily
- Protect children's skin (i.e. wearing sunscreen and protective clothing and hat; avoid sunbathing)
- Regularly wash and disinfect toys and surfaces
- Clean potty chairs/seats, training pants, and other bathroom-related items regularly
- Keep a plastic sheet on the bed in case of bed-wetting
- Avoid close contact with others who are obviously sick
- Prepare food safely (i.e. washing hands, keeping kitchen areas clean)
- Cook food safely (e.g. cooking the food thoroughly to the recommended internal temperature)
- Develop healthy eating habits (i.e. lots of water, fruits, vegetables, and healthy snacks)
- Make time for your child to be active (i.e. going to the playground, running races in the backyard)
- Limit TV viewing to no more than 1 or 2 hours a day
- Maintain regular bedtimes (11 to 13 hours every 24 hours for preschoolers)
- Get your child immunized
- Ensure your child's immunizations are current
- Visit the doctor regularly and keep records
- Teach and model good hygiene habits (e.g. closing the lid when you flush; washing hands thoroughly every time you use the bathroom.)

School age children: 6-8 years old

- Wash hands frequently, including before meals and after using the bathroom
- Brush and floss daily
- Protect children's skin (i.e. wearing sunscreen and protective clothing and hat; avoid sunbathing)
- Clean bathroom-related items regularly
- Avoid close contact with others who are obviously sick

- Prepare food safely (i.e. washing hands, keeping kitchen areas clean)
- Cook food safely (e.g. cooking the food thoroughly to the recommended internal temperature)
- Develop healthy eating habits (i.e. lots of water, fruits, vegetables, and healthy snacks)
- Make meals an enjoyable time. Sit down and eat together as a family. Establishing rituals and routines for how you eat as a family can powerfully impact children in this age group
- Encourage your child to be physically active every day (i.e. running, biking, or playing soccer or basketball)
- Limit TV viewing to no more than 1 or 2 hours a day
- Maintain regular bedtimes (10 to 11 hours every 24 hours for school age children)
- Get your child immunized
- Ensure your child's immunizations are current
- Visit the doctor regularly and keep records
- Teach and model good hygiene habits (e.g. regular exercise, nutritious meals, and plenty of sleep)

School age children: 9-12 years old

- Wash hands frequently, including before meals and after using the bathroom
- Brush and floss daily
- Protect skin (i.e. wearing sunscreen and protective clothing and hat; clean regularly to avoid acne)
- Clean bathroom-related items regularly
- Avoid close contact with others who are obviously sick
- Prepare food safely (i.e. washing hands, keeping kitchen areas clean)
- Cook food safely (e.g. cooking the food thoroughly to the recommended internal temperature)
- Develop healthy eating habits (i.e. lots of water, fruits, vegetables, and healthy snacks)
- Make meals an enjoyable time. Sit down and eat together as a family. Establishing rituals and routines for how you eat as a family can powerfully impact children in this age group
- Encourage your child to be physically active every day (i.e. running, biking, or playing soccer or basketball)
- Limit TV viewing to no more than 1 or 2 hours a day
- Maintain regular bedtimes (8 to 10 hours every 24 hours for children of this age)
- Promote a healthy body image (i.e. stress the importance of being healthy rather than looking "skinny" or "buff")
- Offer guidance on how to manage stress
- Offer strategies to avoid tobacco, drugs and alcohol
- Get your child immunized
- Ensure your child's immunizations are current
- Visit the doctor regularly and keep records
- Teach and model good hygiene and healthy habits (e.g. regular exercise, nutritious meals, and plenty of sleep)

Adolescents: 13 and up

- Wash hands frequently, including before meals and after using the bathroom
- Brush and floss daily
- Protect skin (i.e. wearing sunscreen and protective clothing and hat; clean regularly to avoid acne)
- Clean bathroom-related items regularly
- Avoid close contact with others who are obviously sick
- Prepare food safely (i.e. washing hands, keeping kitchen areas clean)
- Cook food safely (e.g. cooking the food thoroughly to the recommended internal temperature)
- Develop healthy eating habits (i.e. lots of water, fruits, vegetables, and healthy snacks)
- Make meals an enjoyable time. Sit down and eat together as a family. Establishing rituals and routines for how you eat as a family can powerfully impact children in this age group
- Encourage your teen to be physically active every day (i.e. running, biking, or playing soccer or basketball)
- Limit TV viewing to no more than 1 or 2 hours a day
- Maintain regular bedtimes (8 to 10 hours every 24 hours for adolescents)
- Promote a healthy body image (i.e. stress the importance of being healthy rather than looking “skinny” or “buff”)
- Offer guidance on how to manage stress
- Offer strategies to avoid tobacco, drugs and alcohol
- Get your child immunized
- Ensure your child’s immunizations are current
- Visit the doctor regularly and keep records
- Teach and model good hygiene and healthy habits (e.g. regular exercise, nutritious meals, and plenty of sleep)

More tips for parents/caregivers:

- Wash your hands with soap and water frequently and thoroughly
- Don’t touch your mouth, nose and face
- Change toothbrushes (i.e. every three months in general -- and immediately after any sickness, or the sick person could become re-infected.)
- Cough or sneeze into tissues instead of your hands
- Stay home from school or work and limit contact with other people if you get sick
- Clean and sanitize common areas (i.e. telephones, remote controls, door knobs, etc.)
- Avoid close contact with people who appear unwell and who have fever and cough
- Practice good health habits with your child including getting adequate sleep, eating nutritious food, and keeping physically active
- Get the flu vaccine if needed
- Contact your doctor or healthcare provider if you or your child gets sick