

# Family Wellness Checklist

Parents' everyday behavior plays a big part in shaping their child's behavior. With your help, your kids can develop healthy eating and physical activity habits that last throughout their lives.



**Be a role model.** Eat healthy family meals together. Walk or ride bikes instead of watching TV or surfing the web.



**Start good hygiene habits early.** Make handwashing fun with songs, use timers to encourage proper tooth brushing and establish a regular and relaxing bathing routine.



**Make healthy choices easy.** Put nutritious food where it's easy to see. Keep balls and other sports gear handy.



**Maintain a healthy sleep schedule.** Set a consistent bedtime and follow a calming bedtime routine, like reading a story, with younger children.



**Focus on fun.** Play in the park, or walk through the zoo or on a nature trail. Cook a healthy meal together.



**Limit screen time.** Don't put a TV in your child's bedroom. Avoid snacks and meals in front of the TV.



**Make family time a priority.** Schedule regular family activities like playing board games or making popcorn and having a movie night.



**Focus on mental health.** Encourage children to express their feelings, provide support during tough times, and create a positive home environment where they feel safe and loved.

*Balancing family and career is complicated. Luckily, you have an Employee Assistance Program. We offer expert guidance, tools and resources to simplify any task, at work or at home.*



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