

5-4-3-2-1 RECOMMENDATIONS

Children's Hospital of The King's Daughters recently began handing out "5-4-3-2-1" health pamphlets to

families of children of all ages, recommending:

5 servings of fruits and vegetables:

Choose whole fruits and vegetables over juice.

Keep fresh cut-up fruits and vegetables around for snacks.

4 servings of water:

Give your children water bottles and keep them filled.

Keep track of how much they drink, especially during play or sports.

Put a pitcher of water on the table at dinner.

Avoid soft drinks and sweetened drinks.

3 servings of low-fat dairy:

Blend low-fat or skim milk or yogurt with fruit or ice.

Add low-fat cheese to soups and salads

2 hours or less of screen time:

Work with your children to select age-appropriate shows and turn the television on only for those programs.

Limit overall television, computer and video-game time.

Make TV a reward, not a daily routine.

1 hour or more of physical activity:

Scatter activities throughout the day

For short trips, walk instead of driving, and take the stairs when possible.

Enroll your children in after-school or weekend activities, or plan for active family time.

Important Dates to Remember

15-19 September 2008	Book Fair	All Week -
Tuesday 16 September 2008	Open House	4:30 -6:00
Thursday 07 October 2008	End of First Marking Period	
Thursday 09 October 2008	In-Service Day	Student Holiday
Friday 10 October 2008	Teacher Work Day	Student Holiday
Monday 13 October 2008	Columbus Day Holiday	No School
Thursday 30 October 2008	Fall Picture Day Retakes	
Thursday 30 October 2008	Stowers' Reading Night	4:30 P.M.—5:30 P.M.
Friday 31 October 2008	Report Cards Go Home	(If parent has attended parent/teacher conference)

