

# Healthy Habits for Families

## Small changes, done together

Healthy habits don't have to be big to matter. Small changes, practiced most days, can add up over time. Start with what feels doable for your family and build from there.

### Focus on what's realistic and within reach

You don't need to do everything at once. Even one small habit can help support your child's health and lower the risk of type 2 diabetes. Progress looks different for every family, and every step counts.

### Make a family plan

Try a habit in each category to get started. Treat them as experiments—if something isn't working, try something else! Focus on the fun and plan a family reward when you meet your goals.

### Eat well

- Serve raw veggies as a crunchy snack while making dinner.
- Let kids help wash, chop, or choose ingredients for two meals this week.
- Give favorite dishes a healthy twist by adding a vegetable (beans in tacos, spinach in eggs, veggies on pizza).
- For a sweet snack, serve fruit instead of cookies or candy.
- Make nutrition labels fun—turn reading into a scavenger hunt at the grocery store.
- Create a veggie sauce “lab”: start with yogurt or hummus and choose add-ins: lemon, garlic powder, honey, herbs.
- Grow an herb or vegetable and let kids help care for it.
- Your idea: \_\_\_\_\_



**Preventing type 2 diabetes in kids.**

For more resources, visit

[cdc.gov/diabetes/prevention-type-2/type-2-diabetes-in-kids.html](https://cdc.gov/diabetes/prevention-type-2/type-2-diabetes-in-kids.html)



## Move more

- Take a 10-minute walk after dinner three nights this week.
- Have a 30-minute dance party this weekend.
- Set a timer for a 10-minute movement burst: walk, video workout, dance, stretches on the floor.
- Play an active game this weekend like basketball, soccer, or tag at the park or at home.
- Garden together for 30 minutes on the weekend.
- Turn the tables: Play your kids' favorite active game or choose an activity they do in PE.
- Try a neighborhood scavenger hunt: blue car, red door, basketball hoop.
- Your idea: \_\_\_\_\_

## Unplug and connect

- Choose one screen-free night each week.
- Plan a weekly family game or jigsaw puzzle night.
- Turn off all screens 1 hour before bedtime.
- Pledge to keep phones and tablets out of bedrooms overnight.
- Get out coloring books and building toys and listen to a chapter of an audiobook.
- Make dinner a no-device zone.
- Let kids plan dinner or an activity one night this week (with boundaries: budget, bedtime, location).
- Create a "Saturday Adventure Jar" with simple activities on slips of paper, like visiting a new park or having an indoor picnic.
- Your idea: \_\_\_\_\_

## Provider notes

## Notes and questions

