



# Online Resources for Parents



- Go to Healthy People, Healthy Communities (<http://www.metrokc.gov/health/nutrition/>) for information on eating right and staying healthy.
- Visit 5 a Day Data and Statistics (<http://apps.nccd.cdc.gov/5ADaySurveillance/>) to compare your family's fruit and vegetable consumption with the average U.S. consumption.



**Eat 5 or more servings of fruits and vegetables per day**

- The Food for Fitness and Fun website (<http://www.extension.iastate.edu/food/>) features simple recipes, activities, a monthly newsletter, and healthy tips for families.
- The Kids & Nutrition website (<http://www.ext.nodak.edu/food/kidsnutrition/>) provides dozens of links for fun, educational activities and information.
- The USDA website Nutrition.gov (<http://www.nutrition.gov>) offers easy access to government information on food and nutrition, including links to the latest MyPyramid website, Fruits and Veggies—More Matters website, and federal nutrition assistance programs.
- The Eatsmart.org website (<http://www.eatsmart.org/>) focuses on nutrition education to encourage healthy eating habits.



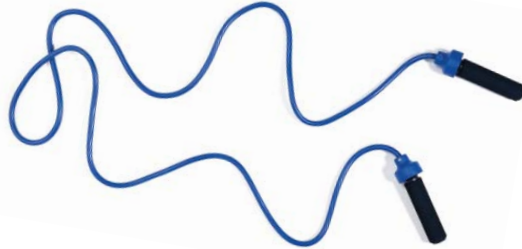
**Watch no more than 2 hours of television (and other screen media) per day**

- The LimiTV website (<http://www.limitv.org/>) alerts parents and educators to the dangers of excessive TV watching, and offers ideas for alternative activities.
- Visit the Media Awareness Network website (<http://www.media-awareness.ca/>) to find out how to help increase your child's media literacy.
- Visit Media Wise (<http://www.mediafamily.org/>) to get parental guides for keeping your kids safe—including reviews and ratings on almost every video game and movie on the market.
- Over the Rainbow (<http://medialiteracy01.tripod.com/>) is an online magazine dedicated to media literacy for the whole family.
- The Parents Television Council website (<http://parentstv.org/>) educates parents on issues of media that affect children and youth, such as sex, violence, and profanity.
- Visit the Parents' Choice website (<http://www.parents-choice.org/>), which provides reliable, unbiased information about children's media and toys.



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Get at least  
1 hour of  
physical  
activity  
per day



- Get Up and Do Something! (<http://www.getupanddosomething.org/>) provides helpful hints and tools for Delaware residents for finding places to go and learning how to live a healthy lifestyle.
- The CDC's Healthy Youth! website (<http://apps.nccd.cdc.gov/yrbss/>) provides statistics regarding youth and various health-related topics, including physical activity.
- The Physical Activity Terms website (<http://www.cdc.gov/nccdphp/dnpa/physical/terms/>) provides definitions of terms related to physical activity.

almost  
none

Drink almost no  
sugary beverages –  
2 or fewer servings  
per week

- Read “Healthy Drinks for Kids,” an article on the KidsHealth website ([http://www.kidshealth.org/parent/food/general/drink\\_healthy.html](http://www.kidshealth.org/parent/food/general/drink_healthy.html)) about healthy alternatives to sugary beverages.
- Read “Keeping Your Child’s Teeth Healthy,” an article for parents on the KidsHealth website (<http://www.kidshealth.org/parent/general/teeth/healthy.html>) about taking care of your child’s teeth, especially after eating sweets and drinking sugary beverages.

## More Health-Related Information for Parents



- The American Academy of Pediatrics (<http://www.aap.org/>) is dedicated to the health and well being of infants, children, adolescents, and young adults.
- Since 1995, the KidsHealth website ([www.kidshealth.org](http://www.kidshealth.org)) has been providing award-winning, doctor-approved health information on children and youth for parents.
- The National Parent Teacher Association (PTA) (<http://www.pta.org/>) is the largest volunteer child advocacy association in the country, providing parents with resources to help them remain involved in their children’s development.