SPIN CONFERENCE 2017

Awakening the Force - Involving kids in their healthcare

Building Responsibility

- Parents/Caregivers: Take care of yourself!
- You are the best role model!
- Your child is unique
- This is a process: Built over time
- Allow your child to try

Nutrition

- Help with meal prep/Select their healthy snack
- Three meals a day
- Eating together as a family
- Less/0 sugary drinks and snacks

Health IQ

- 5-2-1-0
- Communication: When sick, in pain, or upset
- Doctor/nurse help us stay healthy
- Good Hygiene: Handwashing/Brushing Teeth

Exercise and Activity

- Not more than 2 hours of screen time per day
- 1 hour of physical activity per day
- Drink water
- Play in “safe” areas
- Down time-no scheduled activity
- Have fun

Safety

- 3 SEATS: car, booster, belt
- Heads up, phones, down when walking
- Helmets/Safety/Adaptive equipment
- Sunscreen and mosquito repellant
- Keep ipods/headphones on low volume
- Computers: no telling name, number, address, etc.

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