

# Raising Healthy Children

## What do children need? And what should be avoided?

	Age 0-2	3-5	6-11	12-17	18+
<b>Cognitive stimulation</b>	Language, singing, outings, curiosity, exploration		Picture books, reading, singing creative opportunities, outings Books, computers/technology, news, games		
<b>Health-related behaviors</b>	Breast-feeding, well-being visits, immunizations		Nutritious diet, exercise, well-child visits Nutritious diet, exercise, preventive health care		
<b>Structure, limit setting</b>	Routines, schedules		Set bedtime, routines, TV rules Flexible routines		
<b>Emotional support</b>	Attachment, time with parents		Parent/child relationships → Positive sibling/peer relationships Peer/sibling/romantic relationships		
<b>Material resources (housing, food, clothing)</b>	Clean, warm, safe, secure housing		Adequate space for study		
<b>Social support/interaction</b>	Extended family support		Family, neighborhood, social skills pro-social behavior, donating Role models, mentors, linking networks		
<b>Spirituality/meaning/moral development</b>	Rituals		Services (formal and informal), prayer, rituals, reading, meditation, faith-based activities, moral instruction Rite of passage Religious activities, moral perspective		
<b>Postive inputs</b>					
<b>Negative inputs</b>					
<b>Neglect</b>	Physical and emotional neglect		Excessive, unmonitored media, internet use →		
<b>Risky behaviors</b>	High-calorie, high fat diet		Smoking, bullying, fighting Sex, drugs, fighting, unprotected sex		
<b>Abuse, violence</b>	Child abuse, domestic violence, safety		→		
<b>Turbulence (multiple changes)</b>	Changes in family composition, child care		Changes in child care, school, residence, family Changes in school, family, residence →		