



Parent & Caregivers Check List

What healthy habits are your children using every day? Fill out this checklist below to see how your child is doing in following the 9-5-2-1-0 message.

Usually Sometimes Rarely

1. My child gets at least 9 hours of sleep.
 - 3-5 years 11-13 hours per night
 - 18 months – 3 years 12-14 hour per night
2. My child eats at least 5 fruits and vegetables daily.
3. My child spends no more than 2 hours of screen time
4. My child gets at least 1 hour of exercise daily.
5. My child drinks no, or almost no, sugared drinks.
6. My child is exposed to zero Second-hand Smoke.

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If your child usually follows 9-5-2-1-0—

CONGRATULATIONS! Continue to encourage your child to practice healthy habits and go to www.tippingthescales.com for information, tools, and resources. Need help? Go to www.tippingthescales.com for information, tools and resources.