



[multicare.org/mary-bridge-5210](http://multicare.org/mary-bridge-5210)

School  
readiness  
begins at  
home.

Read to  
your child  
every day!

There is  
always a  
good **BOOK**  
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## HEALTHY CHILDREN DO BETTER IN SCHOOL!


 Eat **5** or more servings of fruits and veggies each day.


 Limit screen time to less than **2** hours each day (children under age 2 should have **0** screen time).


 Exercise at least **1** hour each day.


 Aim for **0** sugary drinks (soda pop, sports drinks, juice, fruit juice, etc.)

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