



How Families May Support 5210 Healthy Military Children

5210 Healthy Military Children is a Military-wide plan to improve child health. It spreads a common message throughout children's communities: where families work, live, and play. The message represents four healthy behaviors children should achieve each day:



5 or more servings of fruits and vegetables
2 or fewer hours of recreational screen time⁺
1 or more hours of physical activity
0 sweetened beverages

⁺ review guidelines on parenting strategies to ensure quality screen time (AAP, 2015)

Families play a critical role in child health because they influence children's behaviors and environment. The behaviors children learn and the environments in which they live may promote or be a challenge to good health. The resources assembled in this toolkit are designed to help families promote fruit and vegetable consumption, closely monitor and limit screen time, increase physical activity, and decrease sweetened beverage intake during family time. The 5210 resources for other sectors (e.g., commissaries and on-installation eateries) also pertain to families and give sector-specific strategies to promote child health. Families should be engaged by 5210 Healthy Military Children to a high degree, so they become aware and may make use of the 5210 resources available throughout Military communities.

The following materials are available for families:

1. **Tips For Families handout** – provides families with specific tips to increase fruit and vegetable consumption, closely monitor and limit screen time, increase physical activity, and decrease sweetened beverage intake during family time.
2. **Tips For Families posters** – includes enlarged versions of the Tips for Families handout that are available in two sizes (27" x 40" and 38" x 56") to hang in highly visible locations.
3. **Definitions & Recommendations handout**– explains the 5210 message and its research basis.
4. **A Meal Is A Family Affair handout** – describes the importance of having regular family meals and gives suggestions for starting this habit.
5. **Feeding Infants handout** – contains details about how and what to feed infants from birth to 12 months.
6. **Feeding Toddlers And Preschoolers handout** – provides information about how and what to feed young children from 1 to 5 years.
7. **Phrases That HELP And HINDER handout** – outlines helpful and harmful things to say to children during feeding.
8. **Healthy Kids' Snacks handout** – lists examples of healthy snacks that can be provided for children.
9. **May I have some juice, please? handout** – describes the American Academy of Pediatrics' recommendations for serving juice to children.

10. **Most People Don't Need Sports And Energy Drinks handout** – provides information about the ingredients, recommendations for using, and possible effects of consuming sports and energy drinks.
11. **Screen Time And The Very Young handout** – provides the evidence-based screen time recommendations for infants and children from the American Academy of Pediatrics.
12. **It Takes 2 To Tune In handout** – describes the American Academy of Pediatrics (2015) guidelines on parenting strategies to ensure quality screen time.
13. **5210 and Healthy Sleep handout** – lists ways that the 5210 behaviors support healthy sleep habits in children.
14. **Television Tunnel Vision handout** – lists alarming facts about children's typical amount of screen time and offers suggestions for alternative ways of spending free time.
15. **Healthy Eating In A Hurry and Healthy Shopping On A Budget handout** – provides tips on ways to create quick, healthy meals on a busy schedule and provides tips on ways to purchase healthy foods cost effectively.

We recommend hanging the poster in highly visible locations in community locations families frequent, such as community centers, libraries, schools, and healthcare offices, and distributing the handouts in similar locations. Digital versions of all materials are available and may be inserted into community newsletters or emails and uploaded to websites and social media outlets.

For more information, visit 5210 online at www.5210.psu.edu or email us at 5210@psu.edu. We will be happy to answer your questions!