



# How Family Child Care 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<sup>+</sup>**  
**1 or more hours of physical activity**  
**0 sweetened beverages**

<sup>+</sup> *review guidelines on parenting strategies to ensure quality screen time (AAP, 2015)*

Family Child Care (FCC) locations are ideal venues for the promotion of healthy behaviors in young children and their families. Young children are at a developmental age where they are forming lifelong habits. The environments in which they spend time and the behaviors that are fostered by the adults caring for them can support or challenge a healthy lifestyle. The resources assembled in this toolkit are designed to help FCC locations promote healthy behaviors in young children, including fruit and vegetable consumption, closely monitoring and limiting screen time, increasing physical activity, and decreasing sweetened beverage intake (the "5," "2," "1," and the "0" of "5210").

The following materials are available for FCC locations:

1. **Tips For Family Child Care handout** – targets FCC staff and provides them with tips to increase young children's fruit and vegetable consumption, reduce their screen time, increase their physical activity, and decrease their sweetened beverage consumption while at the FCC.
2. **Tips For Family Child Care posters** – includes enlarged versions of the Tips for Family Child Care 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. **Partner With And Educate Families handout** – provides tips to help FCC staff reach out to families to help them learn about and adopt the 5210 behaviors.
5. **Phrases That HELP And HINDER handout** – outlines helpful and harmful things to say to children during feeding.
6. **Feeding Infants handout** – contains details about how and what to feed infants from birth to 12 months.
7. **Feeding Toddlers And Preschoolers handout** – provides information about how and what to feed young children from 1 to 5 years.
8. **Screen Time And The Very Young handout** – provides the evidence-based screen time recommendations for infants and children from the American Academy of Pediatrics.
9. **Quick Physical Activity Breaks handout** – displays ideas for quick and active breaks throughout the day and ways to incorporate them.

10. **Healthy Dates To Celebrate handout** – lists dates that provide opportunities throughout the year to promote healthy behaviors, for example, National Physical Fitness and Sports Month in May.
11. **5210 and Healthy Sleep handout** – lists ways that the 5210 behaviors support healthy sleep habits in children.
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. **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 the FCC, for example in the classroom or playroom location or where parents enter to drop off and pick up their children. In addition, we advise FCC staff to place the handouts in children's take-home folders or otherwise distribute them so they are likely to be seen and used by families. Digital versions of all materials are available, and these may be inserted into any newsletters or uploaded to websites and via social media.

For more information, visit 5210 online at [www.5210.psu.edu](http://www.5210.psu.edu) or email us at [5210@psu.edu](mailto:5210@psu.edu). We will be happy to answer your questions!