



10-2-1-0

Healthy Habits for STAR Kids

Sleep at least **10** hours a night.

A bedtime schedule and routine can help kids get the sleep they need!

No more than **2** hours per day of screen time.

Limited screen time is OK— just stick to less than 2 hours a day!

Get at least **1** hour of moderate to vigorous physical activity per day.

If 1 hour feels like a lot now, help your child start slowly and build up!

Drink water. Have **0** sugary drinks.

Have water when thirsty, with meals, or any time!



Work together, pick a goal,
offer encouragement. You can do it!