

## What young children need



### "Bring on the water!"

Children love to quench their thirst with water. But young children should not be given sugary drinks.



### "Good choice!"

Parents serve daily helpings of fresh fruit and vegetables. This keeps kids healthy.



### "Meal breaks!"

Children need 5 meals a day – and nothing in between.

### "That's enough!"

Kids know best when they're full – which is why leftovers are fine.



### "All together now..."

Children love eating in groups, and it strengthens family bonds.

### "Full steam ahead!"

Kids want to get out and play instead of sitting in front of a screen.



### "What a pong!"

Children love fresh air, and they hate people smoking inside. Tobacco smoke is toxic.

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