



- **Keep your kids active.** Help kids and teens be active for at least 1 hour a day. Include activities that raise their breathing and heart rates and that strengthen their muscles and bones. Find fun, safe, and active things you can do with your kids to help keep the whole family healthy. Take advantage of your local, county or state parks.
- **Live a smoke-free life.** Smoking and exposure to secondhand smoke are harmful to you and your family. Be smoke-free during pregnancy to help prevent premature birth and other health problems. Stay smoke-free to help lower your children's risk for sudden infant death syndrome (SIDS), bronchitis, more severe asthma, ear problems, and pneumonia. You can help protect your children by making your home and vehicles smoke-free. Quitting smoking is the single best way to protect your family. Call the Tobacco Quit Line for more information, 1-800-QUIT-NOW (1-800-784-8669).
- **Monitor activities.** Kids learn from family, friends, media, school, and more. Know who they spend time with, what they are doing, and whether their activities are age-appropriate. Discourage TV viewing for children under 2 years of age, and limit TV viewing to no more than 2 hours per day for children 2 years and older. Know how their schools promote health and safety.
- **Teach your kids healthy habits.** Help your kids develop skills to make safe and healthy choices every day. These include fastening seat belts, wearing helmets, applying sunscreen, brushing teeth, washing hands, forming healthy relationships, and more. Make safe and healthy choices every day to show kids how to do it.
- **Provide love and support.** Kids need the support and love of family and friends. Talk to your kids to help them understand how they can be healthy, safe, and happy. Find out what's going on with them and how they are making decisions and handling problems. Respond to their physical and emotional needs. It's important for kids to develop in a safe, loving, and secure environment.

The Genesee County Health Department encourages residents and families to participate in Kids Day this month and participate in efforts to live a safe and healthy life. Our motto is ***Better Life through Better Health***. For more kids health and safety information visit our website at [www.gchd.us](http://www.gchd.us) or [www.cdc.gov/family/kids/](http://www.cdc.gov/family/kids/).

### Better Life Through Better Health

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