



Dad Central

Facts for Fathers

Good Choices Healthy Life

Fathers can help their children have a healthy lifestyle by teaching their children to look after their body through eating well and exercise.

Some benefits of having a healthy lifestyle:

- Children have more energy to meet the demands of their activities.
- It is easier to keep their weight under control. Children are less likely to struggle with obesity.
- It creates good habits and discipline early on that pay off later in life.
- Lower blood pressure.
- Lower risk of diabetes.
- Stronger immune system to fight off sickness and disease.
- Children feel better about themselves and are more confident in their abilities.
- Children handle their emotions more effectively because they feel calmer and use activity to burn off stress.
- Children feel more confident in social situations (friends, adults, school, etc.).
- Concentration and focus in school comes easier.
- Increases physical strength and stamina.

Building a Healthy Lifestyle for Kids

Be active Have vigorous activity for your children everyday.

Do it together Plan activities together, for example, walks, bike rides and swimming.

Be involved Encourage involvement in community sports. Children meet new people and learn new skills.

Keep balanced Help your children deal with stress and other emotions well.

Limit "screen time" Keep television, computer use, and gaming to a minimum.

Watch the snacks Keep all snacks as healthy and nutritious as possible. Limit snacking while watching TV.

Be selective Teach your children to select healthy food. You will not always be around to do this for them.

Get good habits Teach your children good exercise habits.

Sleep Make sure your children get enough sleep.

- Babies – 15 hours
- School age – 9 to 12 hours
- Teenagers – 8 to 12 hours

Be a healthy role model Children learn from your example.

Relax Have a relaxed, flexible parenting style with your children.

Have fun Enjoy your time with your children. This is important for all of you.



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Want to know more?

Dad Central Ontario has booklets and other resources for fathers.

Visit dadcentral.ca