

Healthy living

Eating right and finding ways to exercise are important for the health of parents and babies. After delivering your baby, talk to your health care provider about reaching a weight that is healthy for you. If your child sees you practicing healthy habits, your child will learn to be healthy too.



Eating right and exercising:

- Help you return to a healthy weight more quickly;
- Provide you with good nutrition;
- Give you the energy you need;
- Help you be a good role model for your growing child.

Here are some tips for healthy living:

- Eat fruits, vegetables, whole grains, low-fat dairy products, and lean meats, fish, and beans.
- Avoid chips, soda, fast food, and junk food. These should not be a regular part of your diet or your child's diet.
- Sit down for meals together. Eating together improves children's nutrition and helps prevent risky behaviors as children get older.
- Continue to take folic acid daily as part of a vitamin supplement (0.4 – 0.8 mg).
- Start a routine of regular physical activity. Talk to your health care provider about your plan. Physical activity can help keep the “baby blues” at bay.
- Limit screen time. Doctors recommend no screen time for children under 2 years of age. Screen time refers to:

TV, video and DVDs, computer and electronic games. Screen time can play a role in poor health and can delay language development. Limiting your own screen time can help you be a good role model for your child.

For more information

MyPlate for Pregnant and Breastfeeding Women

www.choosemyplate.gov/pregnancy-breastfeeding.html

Staying Active and Eating Healthy: How to Eat for Health

www.womenshealth.gov/FitnessNutrition/eatinghealthy

Getting in Shape After Your Baby is Born

<http://www.acog.org/-/media/For%20Patients/faq131.pdf?dmc=1&ts=20120411T1812442869>

Who Has Time for Family Meals? You do!

www.nutrition.wsu.edu/ebet/pdf/makingtimeformeals.pdf

You Have the Power: 5 Steps to Guide Your Child's TV Time

http://public.health.oregon.gov/HealthyPeopleFamilies/wic/Documents/you_have_the_power.pdf