Tips for Parents and Caregivers

Serve your child water or milk* as the healthy beverage with meals and snacks! Remember to make water available all day. **A tip: try child-sized pitchers and cups.**

**WHY?**

- Philadelphia has high quality, low-cost tap water
- Juice (even 100%) is very sweet and contributes to cavities. It can also lead to a preference for sweet foods.

*Children aged 1, serve whole milk
*Children 2 and above, serve low-fat or non-fat unflavored milk

---

Limit Screens, Make Time for Other Activities

- Children under 2 – no screen time
- Children 2 and older – under 30 minutes per week

**WHY?**

Children who spend less time with screens:

- Fall asleep faster & sleep longer
- Eat healthier
- Get more exercise

**No app or program is as interactive as a parent, caregiver, or playmate.**

---

Please contact GETHEALTHYPHILLY@PHILA.GOV for additional information