

# RESOURCES GUIDE: PHILADELPHIA'S BOARD OF HEALTH RECOMMENDATIONS

## THE RECOMMENDATIONS STATE:

- No sweetened drinks in early childhood settings.
- No fruit juice (including 100% juice) in early childhood settings.
- Water should be available, easily accessible to children throughout the day and offered with meals and snacks.
- Screen time for children aged 2 years and older limited to 30 minutes per week.
- No screen time for children under age 2 in early childhood settings.

## FOR MORE INFORMATION ON:



### HEALTHY BEVERAGES

Check out where the American Academy of Pediatrics stands on [100% Juice](#).

Visit [Provide Healthy Beverages](#) from Let's Move Child Care.



### LIMITING SCREEN TIME

Find [tips for parents](#) from We Can!

Visit [Reduce Screen Time](#) from Let's Move Child Care.



### INCREASING PHYSICAL ACTIVITY

Take a look at [Get Kids Moving](#) from Let's Move Child Care.

Find an activity for every day from the [Head Start Body Start Calendar](#).

## YOU CAN ALSO CHECK OUT THESE ADDITIONAL RESOURCES:

[Healthy Mealtime Habits for Preschoolers](#)

[Healthy Tips for Active Play](#)

[Be an active family](#)

[General steps towards a healthy adventure](#)

[Easy tips to get started](#)