**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