Family Fact Sheet

Healthy Eating

Most of the time, kids with and without disabilities should follow the same healthy eating pattern — fruits and vegetables, whole grains, proteins and dairy. Your doctor may make special diet recommendations based on your child’s disability such as texture for issues with swallowing or chewing.

Be a role model and make healthy choices yourself. They learn from watching you.

Choose fruits or vegetables more often as a snack for kids.

• Just a few ideas: apple slices and yogurt, any vegetable (cut into bite size) and dip, fruit kabobs, or frozen grapes

Enjoy meals together as a family as often as possible without any TV or electronics.

Get kids involved with buying and preparing simple snacks or meals. Focus on what your kids can do. Kids are more likely to eat healthy choices if they are involved.

• At the grocery store: Choose or point to their favorite fruit or vegetable.

• At home: help set the table, wash/rinse fruits or vegetables, knead/shape dough, make a sandwich, help measure ingredients, encourage touching, smelling, tasting, and looking at all ingredients.

Trying new foods: Kids need many opportunities to taste a new food and get used to it. Be patient. Adjust to their texture preferences. Try one new food at a time. Make it fun!

Don’t force your child to clean their plate or finish a snack. Their appetites may be bigger or smaller at any meal. Serve small portions and let them ask for more.

For more parent/family resources, go to https://blazesports.org/youth/blazetots/
Family Fact Sheet

Sports/Physical Activity

Preschoolers need regular physical activity to grow up healthy and strong. Children who are active are more likely to be active as adults.

- Preschoolers should get at least 60 minutes of structured physical activity each day and 60–several hours of active play every day. Focus on activities and movements they can do.

- Your child is learning to master running, wheeling, jumping and throwing. For preschoolers with disabilities, focus on what your child can do.

- Make it fun!

- Be a role model. Enjoy being active as a family – maybe an hour before dinner or an hour after.

- Sign up for an adaptive sport program in your community.

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