

20 HEALTHY NEW YEAR'S RESOLUTIONS FOR KIDS

Preschoolers

- I will clean up my toys.
- I will brush my teeth twice a day, wash my hands after going to the bathroom and before eating, and clean up my messes right away.
- I won't tease the family dog or even a friendly dog, and I will avoid being bitten by keeping my fingers and face away from his mouth.

School Age Kids

- I will drink milk and water, and limit soda and fruit drinks.
- I will apply sunscreen before I go outdoors, even in winter. I will try to stay in the shade whenever possible and wear a hat and sunglasses, especially when I'm playing sports.
- I will try to find a sport (like basketball or soccer) or an activity (like jumping rope, dancing, or riding my bike) that I like and do it at least three times a week!
- I will always wear protective gear - especially a helmet - when bicycling.
- I will wear my seat belt every time I get in a car. I'll sit in the back seat and use a booster seat until I am tall enough to use a lap/shoulder seat belt.
- I'll be nice to other kids. It's easier and more fun than being mean, and I'll feel better about myself. I'll be friendly to kids who need friends - like someone who is shy, or is new to my school
- I'll never give out personal information such as my name, home address, school name or telephone number on the web. Also, I'll never send a picture of myself to someone I chat with on the computer without my parent's permission.

Teens

- I will eat at least one fruit and one vegetable every day, and I will limit the amount of soda I drink.
- I will take care of my body through physical activity and nutrition.
- I will choose non-violent television shows and video games, and I will only spend one to two hours each day - at the most - on these activities.
- I will check to see if I can give away any of my unwanted clothes and shoes to those in need. I will help out in my community - through volunteering, working with community groups or by joining a group that helps people in need.
- I will wipe negative "self talk" (i.e. "I can't do it" or "I'm so dumb") out of my vocabulary.
- When I feel angry or stressed out, I will take a break and find constructive ways to deal with the stress, such as exercising, reading, writing in a journal or talking out my problem with a parent or friend.
- When faced with a difficult decision, I will talk with an adult about the choices I may have.
- I will be smart about whom I choose to date - and never allow violence to enter into my relationships
- I will resist peer pressure to try drugs and alcohol.