

Let's Talk About Healthy Habits!

Sample Social Media Posts



Facebook

Explore healthy new foods with your child by doing a fruit and veggie tasting together. Try a few different fruits and vegetables and talk about how they look, feel, smell, and taste. “Which fruit is your favorite? I like the banana!” For more ideas on how to talk, read, and sing together during meal time, visit <https://talkingisteaching.org/mealtime>

Come up with a “healthy habits” morning routine with your little one. Talk about all the things you can do each morning to help your body stay healthy and strong throughout the day. “We can stay healthy by brushing our teeth, eating a healthy breakfast, and moving our bodies! What other things can we do to stay healthy?” #TalkingIsTeaching

Twitter

It’s important to drink plenty of water to stay healthy! As you pour your little one a cup of water, talk about how “empty” or “full” the cup is. As your child drinks the water, talk together about how the water level changes! #TalkingIsTeaching

Help your child exercise their body and brain with a fun activity! Challenge them to bend their body, arms and legs to make different shapes. Ask, “Can your body make a circle? ... a triangle?” There are so many things our bodies can do! #TalkingIsTeaching

Instagram

Teach your little one about healthy habits by playing make-believe! Pretend that a doll is feeling sick and encourage your child to help take care of the doll. “What are some things we can do to help him feel better?” #TalkingIsTeaching

Washing hands is important for keeping ourselves and others safe! As you wash your hands with your little one, sing a fun handwashing song together to the tune of your favorite song! Remind your child to wash their hands for at least 20 seconds before eating, after playing, and after using the bathroom. #TalkingIsTeaching