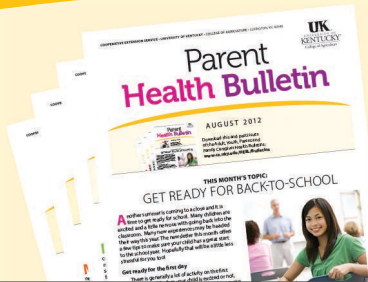


# Parent Health Bulletin



FEBRUARY 2015

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## THIS MONTH'S TOPIC:

# TAKING CARE OF YOUR CHILD'S HEART

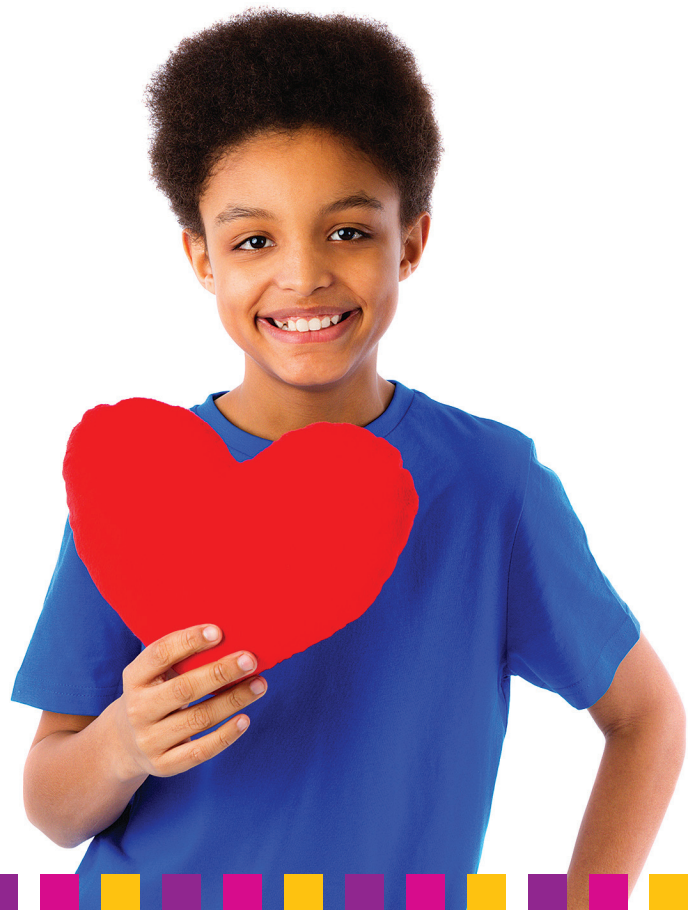
**Y**ou may see many little paper hearts this time of year. These are a good reminder to make sure your child's heart is healthy. There are many ways you can help make sure your child's heart is growing healthy and strong.

Physical activity is a great way to make sure your child has a healthy heart. The heart is a muscle and needs a workout, too. When a child is active, he or she has a longer life expectancy and less risk for illness and diseases such as diabetes, heart disease and strokes. There are also a lot of other benefits to being active.

### Benefits to being active include:

- Controlling weight
- Reducing blood pressure
- Reducing the risk of diabetes
- Reducing risk of many kinds of cancer
- Increasing concentration
- Gaining self-confidence and higher self-esteem

Continued on the back →



## *All children aged 2 and older should participate in at least 60 minutes of moderate-intensity physical activities every day.*

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### **Continued from page 1**

Sometimes trying to get children to be active is hard. To help your child, you may want to limit the amount of time he or she is allowed to watch TV, or ask that he or she be active before sitting down. Be a great role model for your child by being active. If you are active or you are active with your children, it increases the chance that they will be active too.

If your child still does not want to be active, start a simple reward system. Perhaps a sticker chart or some way to show how active he or she has been will help. Positive recognition goes a long way when trying to stay active.

All children aged 2 and older should participate in at least 60 minutes of enjoyable, moderate-intensity physical activities every day. These activities should be fun for your child; if he or she is not enjoying the activity, try something new. You could even have the child look up an activity online for you to try together.

Sometimes finding the time for 60 minutes of activity can be a challenge. If your child does not have a full 60-minute block of time, try to provide at least two 30-minute blocks or four 15-minute blocks during which the child can be active.

As February is National Heart Month, let's take care of our family's hearts! Staying physically active is a great way to help our hearts and stay healthy.

#### **SOURCES**

- KidsHealth Your heart and circulatory system  
2013 <http://kidshealth.org/kid/htbw/heart.html#>
- American Heart Association  
<https://www.goredforwomen.org/know-your-risk/factors-that-increase-your-risk-for-heart-disease/children-physical-activity>

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Parent  
**Health Bulletin**

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