



# BETTER adventures

## Help your kids grow healthy habits

All children develop at their own pace – physically, emotionally, and intellectually – but you can help set the stage for a healthy future. To encourage a lifetime of good habits, introduce fresh fruits and vegetables at an early age and encourage an hour of physical activity most days of the week. Here are more ways to set a good example:

### Explore.

Exercise as a family by taking walks, riding bikes, or going swimming together.

### Ready, set, grow.

Reading not only builds vocabulary, it can also boost creativity, especially at a young age.

### Expand their horizons.

Swap your child's normal snack for a handful of healthy nuts like walnuts, almonds, or cashews.

LEARN MORE

Visit [kp.org/betteradventures](https://kp.org/betteradventures) for more ways to give your kids a great start.

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