



## Tips for keeping kids healthy at home

### SELF-ESTEEM AND BODY IMAGE



Today we talked about self-esteem and body image.

Self-esteem is how you feel about yourself. These feelings can change as things in your life change, such as going to a new school or becoming a brother or sister.

Self-esteem can be positive (you love, respect, and trust yourself) or negative (you feel insecure and helpless).

Body image is part of self-esteem. It is how you feel about how you look. Body image also includes how you think others see you.

#### Having a positive body image means that you:

- feel comfortable in your body and with the way you look
- feel good about the things your body can do
- feel empowered to take good care of your physical health.



It is common to struggle with body image, no matter who you are, but there are things you can do to help yourself feel good.

Ask your child to share some of the self-esteem-building things we talked about in class today or log on to [healthpoweredkids.org](http://healthpoweredkids.org) and check out lessons related to "Finding Balance".

### AT HOME ACTIVITY

Staying active is a great way to improve both your body image and overall outlook on life. The next time you are together for a meal, a ride somewhere, or a family meeting, talk about and choose one new activity as a family that gets you up and moving. Try to do it at least two times during the week.



### SUPER SLEEP 101

It's tough to feel good about yourself when you are not getting enough sleep.

Experts say that many people these days don't get enough of it, but how much is the right amount? Here are the guidelines:

- For kids ages 3 to 10: 10 to 12 hours each day.
- For kids ages 11 to 12: about 10 hours each day.
- For teenagers ages 13 to 17: about nine hours each day.
- For adults: about eight hours each day.