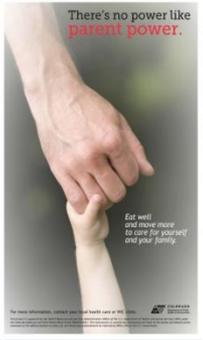
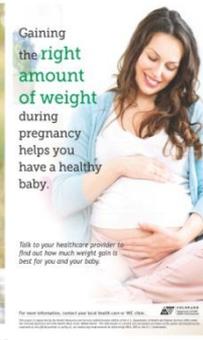


9 Ways to Grow Healthy Colorado Kids

February	March	April	May	June	July	August	September	October
Campaign Kick-Off	Sleep Awareness Week	Public Health Week	Screen Free Week	Summer Begins	National Parent's Day	National Breastfeeding Week	Child Obesity Awareness	Child Health Day
 <p>Healthy eating and staying active while you are pregnant matters for you and your baby's health.</p>	 <p>Help your child sleep better in a TV-free space.</p>	 <p>Trust your baby to know how much she needs to eat.</p> <p>Your baby will show you cues of hunger and fullness and will trust you to respond.</p>	 <p>Turn off the TV and play together as a family.</p>	 <p>Rethink your drink, choose water.</p> <p>Extra calories from sugar-sweetened beverages may lead to weight gain.</p>	 <p>There's no power like parent power.</p> <p>Eat well and move more to care for yourself and your family.</p>	 <p>Give yourself and your baby all the benefits of breastfeeding.</p> <p>Doctors recommend: • Feed your baby only breast milk for the first six months. • After six months, combine breastfeeding with offering solid foods until your baby is at least 1 year old.</p>	 <p>Gaining the right amount of weight during pregnancy helps you have a healthy baby.</p> <p>Talk to your healthcare provider to find out how much weight gain is best for you and your baby.</p>	 <p>Give your child nutritious food and active play for a healthy future.</p>



COLORADO
 Prevention Services Division
 Department of Public Health & Environment

Campaign Roll-Out Calendar 2016