

Healthy New Year's Resolutions for Children & Teens

The start of a new year is a great time to help your children focus on forming good habits.

Here are some healthy and positive goal-setting ideas you can suggest to your children, depending on their age.

Preschoolers

- I will try hard to [clean up](#) my toys by putting them where they belong.
- I will let my parents help me [brush my teeth](#) twice a day.
- I will [wash my hands](#) after going to the bathroom and before eating.
- I will try new foods when I can, especially all different colors of [vegetables](#).
- I will learn how to help clear the table when I am done eating.

- I will be friendly to all animals. I will learn how to ask the owners if I can pet their animal first.
- I will do my best to [be nice to other kids](#) who need a friend or look sad or lonely.
- I will talk with my parent or another adult I trust when I need help or am scared.

Kids, 5 to 12 years old

- I will [drink water](#) or milk and water most days. I will keep soda and fruit drinks only for special times.
- I will wear my [seat belt](#) every time I get in a car. I'll sit in the back seat and use a booster seat until I am tall enough to use a lap/shoulder seat belt.
- I will try to find a physical [activity](#) (like playing tag, jumping rope, dancing or riding my bike) a [sport](#) I like to play or that I like and do it at least three times a week!
- I will take care of my skin by putting on [sunscreen](#) and wearing a hat and sunglasses when possible.
- I will always wear a [helmet](#) when riding a bike, scooter or skateboard.
- I'll try to be [friendly](#) to kids who may have a hard time

making friends by talking with them and inviting them to join activities.

- I will tell an adult about [bullying](#) that I see or hear about to do what I can to help keep school safe for everyone.
- I will keep my personal info [safe](#) and not share my name, home address, school name or telephone number online. Also, I'll never send a picture of myself to someone I chat with on the computer without asking my parent if it is okay.
- I will try to talk with my parent or a trusted adult when I have a problem or feel [stressed](#).
- I promise that I'll do my best to follow our [household rules](#) for videogames and internet use.
- I will try to save time to [read](#) for fun.

Kids, 13 years old and older

- I will try to eat two servings of [fruit](#) and two servings of [vegetables](#) every day. I will drink [sodas](#) only at special times.
- I will do my best to take care of my body through fun [physical activity](#) and eating the right types and amounts of foods.

- When I have some down time for media, I will try to choose educational, high-quality non-violent TV shows and [video games](#) that I enjoy. I will spend only one to two hours each day—at the most—on these activities. I promise to respect out [household rules](#) for videogames and internet use.
- I will try to get 8 to 10 hours of [sleep](#) that my body needs each night.
- I will do what I can to [help out in my community](#). I will give some of my time to help others, working with community groups or others that help people in need. These activities will make me feel better about myself and my community.
- When I feel angry or [stressed out](#), I will take a break and find helpful ways to deal with the stress, such as exercising, reading, writing in a journal or talking about my problem with a parent or friend.
- When faced with a difficult decision, I will talk about my choices with an adult whom I can trust.
- When I notice my friends are struggling, being [bullied](#) or making risky choices, I will look for a trusted adult so that we can attempt to find a way to help.
- I will be careful about whom I choose to date. I will treat

the other person with respect and not force them to do something they do not want to do. I will not use [violence](#). I will expect to be treated the same way in return.

- I will [resist peer pressure](#) to try tobacco-cigarettes, drugs, or alcohol. I will also avoid the use of [e-cigarettes](#).
- I agree not to use a cell phone or text message [while driving](#) and to always use a seat belt.

More information:

- [6 Parenting Goals to Start the New Year](#)
- [Kids & Tech: Tips for Parents in the Digital Age](#)
- [Energy Out: Daily Physical Activity Recommendations](#)
- [Energy In: Recommended Food & Drink Amounts for Children](#)
- [Chores and Responsibility](#)
- [Creating Opportunities for Children & Teens to Contribute](#)