



# The STAR Study congratulates

\_\_\_\_\_ and \_\_\_\_\_  
Child Parent

At your child’s next check-up, please share with your child’s doctor or nurse practitioner what you have done as part of the study.

- Health behavior handouts
- Newsletters on the STAR goals

**STAR**

**10-2-1-0**  
**Goals for STAR Kids**

**Sleep at least 10 hours a night.**  
A bedtime schedule and routine can help kids get the sleep they need!

**No more than 2 hours per day of screen time.**  
That includes TV, DVDs, videos and movies, or playing games on a TV, computer, or handheld device. It's not time doing homework on a computer.

**Get at least 1 hour of moderate to vigorous physical activity per day.**  
If 1 hour feels like a lot now, help your child start slowly and build up!

**Drink water. Have 0 sugary drinks.**  
Have water when thirsty, with meals, or any time!

*Work together, pick a goal, offer encouragement. You can do it!*

**STAR** NEWS FOR YOU

**STAR kids should drink water.**  
Aim for 0 sugary drinks a day.

**What is a sugary drink?**  
Soda, fruit drinks, sports drinks, energy drinks, flavored milks, and fruit juices usually have lots of sugar and sometimes caffeine. Even most fruit juice has a lot of sugar!

**Take Action!**

- ✓ Pay attention to how many sugary drinks your child has in a day or in a week. The fewer the better, so think of ways to start cutting back.
- ✓ Make water and plain (unflavored) lowfat milk the drink choices for meals and snacks.
- ✓ Limit your own sugary drinks. This will help your child make healthier choices as well.
- ✓ Find out what drinks are available to your child at school and talk with your child about the drink choices s/he makes during the school day.

**Regularly drinking sugary drinks may cause cavities and excess weight gain.**

Harvard Vanguard Medical Associates | Harvard Pilgrim Health Care Institute


Thank you for your ongoing participation!  
From The STAR Study



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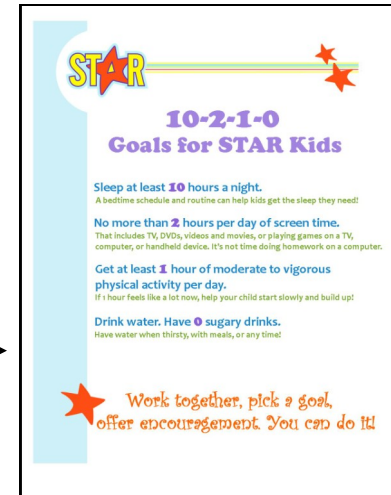
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 Calls with a STAR health coach

 STAR text message or  email campaign

Mailed health behavior handouts

Newsletters on the STAR goals



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**Goals for STAR Kids**

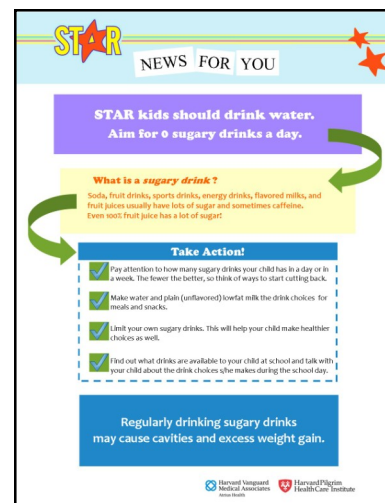
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STAR Health Coach