

WHY 5-2-1-0?

The prenatal period and the first two years of a baby's life are critical for healthy growth and development.

When it comes to starting healthy habits, parents are the most important influence in a young child's life. Be a role model for your child by eating healthy, limiting your own screen time, taking time to be active and drinking more water.

5-2-1-0 is a proven, scientific method helps keep kids healthy by focusing on the importance of good habits.



Learn more about 5-2-1-0 Healthy Choices Count!
IowaHealthiestState.com/5210



Healthy Choices Count! AGE 0-2 GUIDE

Maternal & Child Health

0 sugary drinks – drink more water!

Babies and toddlers who drink fruit juice and other sugary drinks are more likely to have tooth decay and less likely to drink water as they grow older.

BE A ROLE MODEL: Infant and toddlers are your biggest fans! If they see you drinking sugary drinks, they will want to, too.

For additional information on maternal, child and family planning services, call the Iowa Families Line:
1-800-369-2229



5 or more fruits and vegetables

Giving your baby fruits and vegetables early and often makes it more likely he or she will eat them later.

Fruits and veggies have lots of nutrition and different colors of fruits and veggies have different vitamins and minerals.

PICKY EATER? You may have to offer certain foods 10-15 times before they start to like these flavors. Don't give up! Keep offering a wide variety of foods to prevent picky eating.



2 hours or less of screen time



It is important that infants learn through active play and conversations with those around them.

Screens can distract us and our children and interfere with bonding.

Screens and electronics in bedrooms lead to less sleep and more health problems.

FAST FACT: Up to 30% of toddlers already have TVs in their bedroom!

1 hour or more of physical activity

Active babies become active children! Babies and toddlers need active play to grow healthy.

Spending too much time in strollers, swings and car seats can lead to weakness and motor delays.

Children in active families become active adults.

MOVE MORE: Making time for you to stay physically active is one of the best things you can do for your children.

