

Healthy Babies, Healthy Kids, Healthy Futures™  
Healthy Habits that start in childhood last a lifetime.



**DR. GLASSER'S RULE OF 2'S FOR HEALTHY HABITS**

- Brush your teeth 2 times per day and floss daily
- Visit the dentist for a cleaning 2 times per year (at age 3)
- Drink no more than 2 sodas per week or less if possible
- Drink 2 glasses of 2% (or lower fat) milk per day (age 2 and up)
- Eat out at fast food no more than 2 times per week or less if you can
- No more than 2 hours of SCREEN TIME (TV, video games, computer) combined per day.

Weight	lbs	%
Height	in	%
BMI		%

\*BMI is body mass index and we like it to be at or below 85%

Check out <http://www.cdc.gov/growthcharts/charts.htm> to find the growth charts for yourself.

Dr. Lisa Glasser at Siena Pediatrics.  
Call for appointments (702) 248-7337.  
Visit [www.drglasser.com](http://www.drglasser.com) for additional information.