

Possible Layouts for CHL Messages

Let's make a deliberate choice for our children!

Water is the best drink, always!

A message of the University of Hawai'i CHL program
Dr. Rachel Novotny | 808.956.3848 | novotny@hawaii.edu | www.CHL-Pacific.org



1/16 page. 4"W x 1" H

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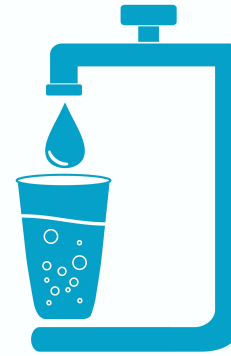
A community message from:
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1/8page. 4"W x 2 3/8" H

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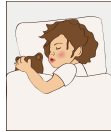
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1/4 page. 4"W x 5" H

Let's make a deliberate choice for our children!

Preschoolers need 11-13 hours of sleep a day.

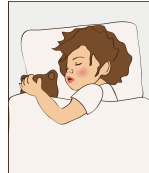
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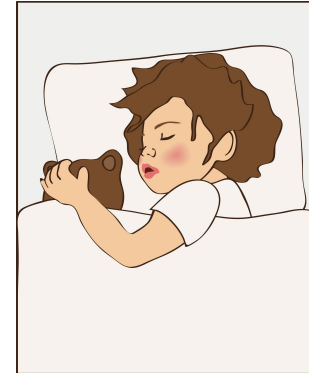


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Play outside for an hour every day.

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Let's make a deliberate choice for our children!

Kids need 1 cup of fruit and 1 cup of veggies every day.



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Let's make a deliberate choice for our children!

Drink water, not that!

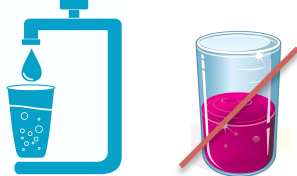


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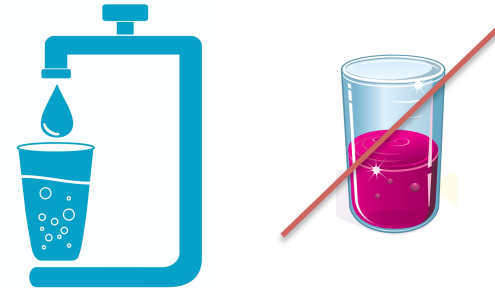


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*Screen time ... make it less than
2 hours a day.*

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