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CONSEJOS PRÁCTICOS



**Rutina
Diaria**



**Todos
con las
manos
en la
masa**



**Prepara
desayuno,
almuerzo y
bocadillos por
adelantado**



**Limita
los tiempos
pasivos**

Hay tiempo para
las tareas, el
entretenimiento y
la diversión



**Crea un
diario
del agua
que se
bebe en
casa**



**Muévete
en
familia**



Fuera de la vista, fuera de la mente

Guarda los alimentos dulces y salados en
lugares alejados para beneficiar a mayores y
minimizar las preguntas de los más
pequeños

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