

Help Your Child Grow Up Healthy

Children are **not** little adults!

They should not be put on diets to **lose** weight.

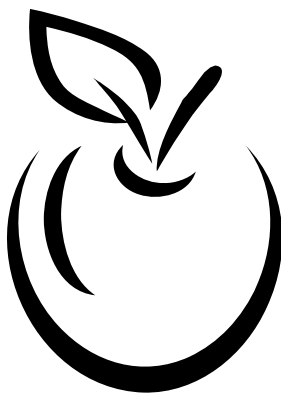
Children are growing. This means they should gain weight. However, overweight children could gain weight more slowly. This way they can slim down as they get taller.

Your child needs to feel good about who they are.

- Try not to make weight a big issue.
- Make your child feel important and loved. Weight is only a **small** part of who we are.
- Don't talk about your child's weight all the time. Don't make him/her feel bad about their weight.

Learn to control what your child eats, not how much your child eats.

- If you are trying to control how much of everything your child eats, loosen up. That's your child's job.
- Control other things like what foods are in the house and how they are fixed.



For more ideas, turn this card over.

More things you can do....

- **Plan snacks** so that they are healthy and so that your child is not starved by mealtime. Don't let your child snack all day long. A snack in the morning and one in the afternoon are enough.
- **Keep junk foods out of the house!** Buy more fruits, yogurt and healthy sandwich makings.
- **Make a good supper.** Let your child eat until he/she is full. Then "close the kitchen" for the night. Stop snacking while watching TV.
- **Don't give your child money to spend at the store.** It will probably go for candy and soft drinks.
- **Cut down on how much TV your child watches.** Your child needs physical activity. Send your child outside to play. Buy a bike instead of a video game. Take walks together and make it fun!
- **Deal with family problems.** Is there a problem in your family that is making your child feel unhappy or nervous? Reach out for help with that problem. Your child may be using food to cope with stress.
- **Be a good example.** It is never too late to change some of your own eating and physical activity habits! But just change one thing at a time. Get in new habits gradually.



For more ideas, ask to talk with a dietitian or nurse.

This institution is an equal opportunity provider.