

# Help Your Child Grow Up Healthy

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

**Your child needs to feel good about who they are.**

- Focus on healthy habits instead of weight.
- Make your child feel important and loved. Weight is only a **small** part of who we are.
- Encourage activity daily.

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

- Allow your child to control how much they eat.
- Control other things like what foods are in the house and how they are prepared.



## More things you can do....

- **Plan healthy snacks** 2 or 3 times during the day to curb hunger between meals.
- **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.
- **Cut down on how much TV your child watches.** Your child needs physical activity. Send your child outside to play. 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. 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. Change habits gradually.



**For more ideas, ask to talk with a dietitian.**

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