

SAFE kids HEALTHY kids HAPPY kids



Tips To Help Overweight Children

1. **Support them.** Let them know you love them. You want them to be healthy and happy.

2. **Focus on the family.** Do not just focus on one child. Change the whole family's physical activity and eating habits. Everyone needs healthy habits.

3. **Increase your family's physical activity.** Find ways to get regular physical activity. Activity and healthy eating are the best way to control weight.

- Be a good role model – get regular exercise.
- Plan *family* exercise that everyone can enjoy – walk, bike, and swim.
- Be sensitive. Certain activities may be too difficult or may cause embarrassment for an overweight child.
- *Reduce the amount of time watching TV and playing video games.*



- Become more active during the day. Walk up stairs instead of taking the elevator. Park away from the office or store so you have to walk a few extra steps.

4. **Teach your family healthy eating habits.** Food is necessary for growth, development and energy. It should also be enjoyed. Help your children have the right attitude about eating healthy.

- Cut down on the amount of fat in your family's diet.
- Do not *overly* restrict sweets or treats. Even these foods have some place in the diet.
- Have healthy foods to choose from in your house.
- Encourage your children to eat slowly.
- Eat meals together as a family.
- Have your children help shop and prepare meals.
- Discourage snacks while watching TV.
- **Do not use food to punish or reward your child.**

Call the Parent Help Line. We listen. We can find you help.
544-5808 or 1-888-727-5889 from 10 a.m. to 10 p.m., 7 days a week.