

How Can Parents Help Their Children To Choose Healthy Lifestyles?

1. Try friendly encouragement to get your child to make appropriate food choices instead of using force or coercion.
2. Take a positive approach. Talk more about the right food choices than the wrong ones.
3. Get to know your child's eating habits away from home. Then plan the snacks and meals he/she eats at home to balance out their daily fat and nutrient intake.
4. Take active playtime seriously.
5. Encourage family to exercise.
6. Limit TV, video game and computer time.
7. Discourage eating in front of the TV.
8. Limit juice consumption to 4 ounces/day.
9. Purchase healthy foods. Keep high calorie snacks and sugary drinks out of the house.
10. Keep lots of fruits, vegetables, and healthy snacks in the house.
11. Be a good role model. Children often mimic their parents eating and exercise habits.
12. The best thing for the overweight child is ample doses of self-esteem building, love, and attention.
13. Use non-food rewards. Do not use food as a reward. Remember, food does not equal love.

Non Food Rewards

Day Trips/Outings

Zoo, park, beach
Movies, museum
Amusement park
Fishing
Sporting event
Concert, play

Sharing Time

Play a game
Learn a craft
Take a walk or bike ride

Inexpensive Gifts

Magazine or Book
Music (tape or CD)
Hobby, arts and craft supplies
Accessories: shoelaces, hair clips, earrings
Collectables: baseball cards, stamps
Active gifts: baseball, basketball, hula hoops, twister, football, jump rope

Privileges

Friend sleep over
Extra telephone time
Stay up later