



HEALTHY CHILDREN

Children maintaining a healthy weight has become more of a concern than ever before. Being overweight can have many psychological, social, and health implications. Here are some tips to keep your child healthy and happy.

BALANCE

- ★ Provide balanced meals for your child using MyPyramid for Kids
- ★ Children eat the way their parents do- Set a healthy example for your child
- ★ Family mealtime should be pleasant and enjoyable

MODERATION

- ★ Respect your child's appetite
- ★ Offer kid-sized servings, not adult-sized servings
- ★ Try not to eat out more than necessary
- ★ Resist using food as comfort or as a reward, and do not withhold food as a form of discipline
- ★ Children should never be placed on a diet to lose weight unless under the supervision of a doctor
- ★ Limit sweet drinks
- ★ Keep quick and nutritious snacks on hand such as: fruit, vegetable sticks with low-fat dressing, pretzels, animal crackers, or string cheese



PHYSICAL ACTIVITY

- ★ Get your family moving-including the dog
- ★ Participate in physical activity as a family- take walks, ride bikes, play in the park, go swimming together
- ★ Monitor the amount of time spent watching television, playing video games, or on the computer- these take away from physical activity

Always help your child to have positive self-esteem, and reinforce that they are special inside as well as outside.

