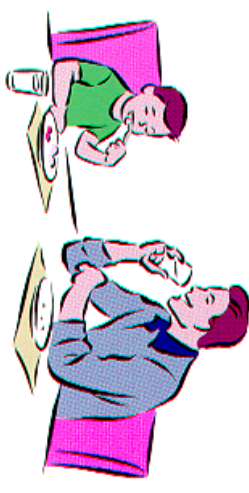


# Three Ways Families Can Help

# Love and Accept Your Child

- Give your child love, attention, praise and respect.
- Enjoy regular meals with your child.
- Spend meaningful time with your child each day.



# Get Your Family Moving!

- Limit TV, computer time and video games to 1 hour daily or 7 hours per week.
- Plan fun family activities and encourage your child to participate.
- Encourage your child to get 20 to 30 minutes of physical activity or active play every day. Some examples of good activities are: playing with balls and frisbees, jumping rope and roller skating.
- Consider a sports team or sport lessons for your child.
- Be active with your child. Parents are a child's best role model!



**Enjoy Regular Meals  
and Offer Healthy  
Meals and Snacks.**



- Help your children learn to eat only when they are hungry and to stop when they are full.
- Limit juice and soda. Juice is a healthy food, but 6 ounces a day is enough. Encourage your child to drink water or milk.
- Keep convenient snack foods like popcorn, frozen juice bars, and low fat yogurt in your house.
- Limit fast food meals to 1-2 meals each week.
- Plan meals and snacks ahead of time.

# Children and Weight...



# What Families Can Do

A healthy lifestyle will lead to a weight that is right for your child.

### Parent Notes:

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For questions or help call:

Child Health and Disability Prevention Program  
(CHDP)

597 Center Avenue, Suite 280  
Martinez, CA 94553

TEL: (925) 313-6150 FAX: (925) 313-6160

Brochure adapted from Solano County CHDP

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# How Can I Help My Overweight Child?

- Be supportive
- Focus on your whole family's health
- Increase your family's physical activity. Play together.
- Teach your family healthy eating habits.
- Avoid using food as a reward for good behavior.



GOOD HEALTH  
not weight loss  
should be the goal.