

Preventing Overweight in Children

1. Be a good example. Eat healthy foods and drink water.
example: Eat fruit, vegetables, brown bread, brown rice, and foods you prepare at home more often.
example: Don't drink soda or juice or eat fast foods as much.
2. Let your baby, toddler and child decide how much to eat and when to eat, but offer only healthy food choices.
example: If your toddler or young child doesn't want to eat sometimes, don't comment on it or make him or her eat.
example: When you start your baby on baby foods, give vegetables before you give fruits and desserts.
3. Sit down and eat as a family every day.
example: Make the meal pleasant: Talk about your day or tell jokes. Don't use this as a time to discipline your child.
4. Offer attention and play as rewards. Don't give food for being good.
example: Read a story, have a tickle or cuddle, or go to the playground with your child.
example: Give a sticker for being good.
5. Let your child look at books, draw and play instead of watching TV or playing video games.
example: Set an example: Read more and watch less TV yourself.
example: Play with toys and balls with your child.
example: No more than 2 hours a day of TV.