

Help Your Children Grow Up Having Their Own “Best Bodies”

Establish a Positive Self – Image

- ♥ Teach children to appreciate diversity in body sizes, skin colors, cultural backgrounds, and abilities, etc.
- ♥ Remember that children need limits, opportunities to develop self-reliance, and lots of love.
- ♥ Be alert to the need for counseling when things aren't going well in the family.

Encourage Lots of Physical Activity

- ♥ Set limits on television watching.
- ♥ Don't carry a child who can walk.
- ♥ Provide a safe play environment that includes activities that involve pulling, pushing, climbing, jumping, and running.
- ♥ Walk with children instead of driving.
- ♥ During stormy weather, dance or put on a kid's exercise video.
- ♥ Don't just sit there...play along!

Promote Healthful Eating Habits

- ♥ Make a variety of foods available, avoiding those with excessive sugar and fat
- ♥ Establish regular meal and snack times.
- ♥ Allow children to decide whether and how much to eat.
- ♥ Don't single out the overweight child with special foods or restrictions.
- ♥ Encourage children to eat slowly and appreciatively.
- ♥ Never use food as a reward or withhold food as punishment.
- ♥ Be a good role model by eating healthfully and staying out of the fad dieting trap.

Adapted from Meals without Squeals
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