

Healthy Families: Tips for Parents

1. ***Be a positive role model.*** Get every member of your family involved in healthy eating and physical activity.
2. ***Create a healthy food environment.*** Have plenty of nutritious, low-calorie foods available such as fruits and vegetables and limit high-energy/nutrient-poor foods such as salty snacks, cookies, ice cream, fried foods and sweetened beverages. Don't overly restrict.
3. ***Establish daily family meal and snack times.*** Parents or caregivers should determine what food is offered and when, and the child should decide how much he or she eats.
4. ***Encourage your child to eat breakfast.***
5. ***Never use food as a reward or punishment.***
6. ***Assist your child in making healthy food choices at restaurants.***
7. ***Limit television, video games or computer time to one to two hours a day.***
8. ***Plan regular, fun, physical activities for the family.*** Initiate activities in the evening or on the weekends by inviting your child to take a walk in the park, or take a family bike ride together.
9. ***Provide positive incentives for your child on a regular basis.*** Give lots of praise and inexpensive rewards, such as taking your child bowling or skating, new tennis shoes/ball, or inviting a friend over.
10. ***Be prepared for setbacks - they're inevitable!*** Discuss problem situations with your child and brainstorm ways to handle them. Reassure your child that you love and accept him/her no matter what his/her size.



healthy families for life . . .



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