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.
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