

Tips On How To Help Your Child Maintain A Healthy Weight

The trick to helping your child maintain a healthy weight is to have a “whole family” approach. Have you heard of “practice what you preach”? Your children will follow your example. Get every family member involved in a healthy lifestyle and it will be more natural and fun.

Help your children learn good food choices by having them help with planning meals and grocery shopping.

You can walk with your children, throw ball, or play games. Anything that involves physical activity! You can make a difference in their self esteem and help them to build their confidence.

You want to avoid rewarding them for good behavior by giving sweets or treats.

Children usually stop eating when they are full. Don't force them to continue eating because they should “clean their plate”. If you talk about “bad food” or completely avoid all sweets and snacks they may rebel and overeat them away from the house.

Start good habits early and involve the whole family for years of healthy living!