

Childhood Obesity

Parents Can Play a Role!

Parents can set a good example for their children. They can show healthy eating behaviors to their children. They can also help by being physically active themselves.

Parents can be good advocates by:

- Getting involved in efforts in their neighborhoods, school, and community to improve neighborhood safety
- Increasing chances and places for children to be involved in physical activity like at recreation centers, playgrounds, sidewalks, bike paths, and farmers markets.

Actions for Parents

- Parents should encourage healthy eating and regular exercise for their children.
- Talk with their doctor about the best way to feed infants for the first four to six months of life.
- Provide healthy food and drink choices by looking at the nutritional value in what they offer to children.
- Help children learn to make good choices about the types of foods and drinks they consume.
- Help children make good choices about how often they eat and drink and the portions they have.
- Limit children's television watching (and computer and game station) time to less than two hours a day.
- Talk about weight status with their child's health care provider.
- Learn about and watch for body mass index (BMI) percentile.
- Be positive role models for their children regarding eating and physical activity.

Parents can make a difference!!!