

Parent Toolkit for Healthy Weight Kids



This toolkit contains the following:

1. Self-Discovery Exercise to help you identify key unhealthy habits that may be contributing to your child's high BMI
2. Healthy Habits Goals Worksheet to help you choose habits you want to work on with your child
3. Healthy Diet for Preschoolers Plus Serving Size Recommendations
4. Actions Parents Can Take to Support Their Child's Health Habits
5. Healthy Weight Kids Goals Chart to help you and your child track success with adopting new healthy habits
6. Healthy Habit Tips – Companion Guide to Parent's Toolkit for Healthy Weight Kids

You can find additional resources at <https://positivepatterns4life.com/families/2-to-5>

1. Preschoolers Growth-Development-Nutritional Needs
2. Physical Activity Guidelines for Preschool Children
3. Actions to Diminish Food Battles
4. Whose Responsibility Is It?
5. Cooking with Kids
6. Get Kids Excited About Healthy Eating

You can send questions to Laurie Jean Ellis at positivepatternsforlife@gmail.com

SELF-DISCOVERY EXERCISE UNHEALTHY HABITS FOR CHILDREN

Use this 1 – 2 – 3 rating scale to evaluate unhealthy habits in your child's life. These are habits that can cause a child to have a high BMI (unhealthy weight). Write the number that most closely describes frequency of each habit as follows:

1 ... Rarely or never

2 ... Several days a week

3 ... Daily or most every day

1 _____	DOES NOT drink milk or eat dairy products (cheese, yogurt, cottage cheese)
2 _____	DOES NOT to eat fruits
3 _____	DOES NOT to eat vegetables
4 _____	Skips breakfast
5 _____	Drinks more than 4 ounces of fruit juice per day
6 _____	Is a fast eater
7 _____	Requests second helpings on deserts and starchy foods (potatoes, pasta, rice, bread)
8 _____	Wants largest serving size at restraints, takes large servings at home, eats more than older siblings
9 _____	Family eats home cooked meals together less than 5 times a week
10 _____	Eats at fast-food more than once a week
11 _____	Eats more in the evening than other times during the day (i.e. largest meal eaten in the evening, eats more than one snack between lunch and dinner, snacks after dinner)
12 _____	Eats more than 1 small snack between meals
13 _____	Eats alone
14 _____	Child gets their own snacks and has free access to snack foods
15 _____	Eats in front of television
16 _____	Sneaks or hides food
17 _____	Drinks soda pop or sugar beverages (sports drinks, Kool-Aid, energy drinks, tea with sugar added, flavored coffee drinks, punch, fruit cocktail, etc.)
18 _____	Eats high fat foods – fast foods, fried foods, breaded meat, chips, ice cream AND uses lots of butter, margarine, creaming salad dressings, and mayonnaise
19 _____	Eats junk food (candy, cookies, pastry, chips)
20 _____	When away from home, eats junk food & candy or drinks soda & sugary drinks (i.e. when running errands with parents or on road trips)
21 _____	Gets less than 120 minutes (2 hours) of physical activity per day
22 _____	Spends more than 1 hours a day in front of screen (television, computer or video games)
23 _____	Has a television or gaming system in bedroom
24 _____	Erratic sleep schedule or goes to bed late or gets less than 10 - 13 hours of sleep per night




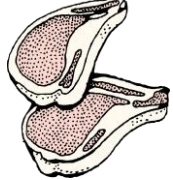

HEALTHY HABITS GOALS WORKSHEET

This is a list of healthy habits that can help lower a high BMI. Each healthy habit pairs with its opposite unhealthy habit on the self-discovery activity on page 2. Use the self-discovery activity to help you identify which healthy habits will best help your child lower their BMI. **FIRST** – highlight all the unhealthy habits on page 2 that were given a #2 or #3 rating. **SECOND** - Highlight all of the healthy habits below that match up with and are the opposite of your child's unhealthy habits.

1. Drink milk or eat a dairy product at 2 – 3 meals per day.
2. Eat a fruit each day.
3. Eat a vegetable each day.
4. Eat breakfast every morning, with some protein (i.e. meat, egg, cheese stick or nuts).
5. Limit fruit juice to 4 ounces or less per day.
6. Eat slower. Have child set fork/spoon down after each bite and put hands on lap before taking next bite.
7. Offer non-starchy vegetables or fruit for seconds instead of starchy foods (potatoes, pasta, rice, bread, etc.). Provide small, child-size servings of desert and don't offer seconds.
8. Order smallest serving size at restaurants, place child-size servings on child's plate, leave open space on plate instead of filling it full.
9. Provided family-style, home-cooked meals at least 5 times a week.
10. Limit eating fast food to once a week or less.
11. Provide 3 meals per day and 1 small healthy snack between meals. Try to provide about the same amount of food for dinner as you do at lunch. If child is hungry at bedtime, offer a small snack (i.e. glass of milk, peanut butter on a cracker, piece of cheese, etc.)
12. If child asks for extra snacks between meals, offer child 2 – 4 oz of water. Help child find an activity they like, to distract them. After 30 minutes if they are still insisting they feel hungry, offer 1 small healthy snack. Snacking should be limited to 1 small healthy snack between each meal. Note - Children frequently misinterpret their brain's message to "drink" (THIRST) as a message to "eat" (HUNGER).
13. Require that child eats snacks and meals at the table with an adult or family member(s).
14. Parent chooses snack foods, amount offered at snack time, and snack schedule. Child chooses to eat the snacks provided or not. Snack food may need stored out of child's reach.
15. Turn the television off during snacks and meals.
16. Calmly, kindly tell your child that they do not need to sneak and hide food. Healthy habit 14 can help decrease opportunities to sneak and hide food.
17. Replace soda pop and sugary beverages with sugar-free choices (i.e. water, flavored calorie-free water, weak sugar-free teas).
18. AVOID fast foods, fried foods, breaded meat, chips, ice cream, and LIMIT use of butter & margarine, mayonnaise, creamy salad dressing (i.e. ranch dressing).
19. Replace junk food with healthy snack options (i.e. fruit, nuts, seeds, raw vegetables, mozzarella string cheese, baked corn chips with salsa, 100% whole grain crackers).
20. Pack healthy snacks and drinks when away from home and choose restaurants with healthy food options on the menu.
21. Encourage child to be physically active minimum of 120 minutes (2 hours) a day. Help your child find fun ways to get moving – games, dancing, child sports, go outside, play with siblings or friends, mini tramp, ride tricycle, etc.
22. Limit screen time (television, computer and video games) to 1 hours OR LESS per day and help child find alternative activities (i.e. toys, crafts, games, child appropriate projects).
23. Take the television and/or gaming system out of child's bedroom.
24. Have a regular bed time and get 10 – 13 hours of sleep a night.

Healthy Diet for Preschoolers Plus Serving Size Recommendations

The chart below shows the USDA recommendation for a balanced diet for a preschool age child. This chart I to serve as a guideline for parents – showing them what a healthy balanced diet looks like for a preschooler. Please note that small preschool children will probably not be able to eat this much food daily and large or very active preschoolers may require a bit more food than what is listed below. REMEMBER, this is just a guideline and not meant to be strictly adhered to daily. As we all know, a preschool child's appetite can vary day to day.

	FOOD GROUPS	SERVINGS PER DAY	EXPAMPLES OF SERVING SIZES FOR PRESCHOOL AGED CHILDREN
FRUIT		4	<ul style="list-style-type: none"> ¼ cup of cut up fruit 1/8 cup of dried fruit ¼ piece of fruit that fits in adult hand (i.e. apple, orange, banana)
VEGGIES		6	<ul style="list-style-type: none"> ¼ cup cooked veggies ¼ cup cut up raw veggies ½ cup lettuce salad
DAIRY		3	<ul style="list-style-type: none"> 6 oz of milk 4 oz of low-sugar yogurt 1 oz cheese 4 oz cottage cheese
PROTEIN		3	<ul style="list-style-type: none"> 1 oz of meat, poultry, fish 3/8 cup of beans (i.e. pinto, navy, black, etc.) 1 egg 2 TBSP seed or nut butters (i.e. peanut butter, sunflower seed butter, almond butter, etc.)
GRAINS		7 - 8	<ul style="list-style-type: none"> ½ oz of bread product (i.e. biscuit, pancake, waffle, muffin, roll, etc.) ½ cup cooked grains (i.e. oat meal, rice, cooked cereal, quinoa, millet) ½ oz dry breakfast cereal ½ oz crackers or corn chips or whole grain chips ¼ cup pasta

ACTIONS PARENTS CAN TAKE TO SUPPORT HEALTHY HABITS

The success of a child's health plan is dependent on positive parental involvement. Here are some ways parents can help their child successfully adopt new healthy habits.

ACTIONS THAT SUPPORT HEALTHY HABITS:

- Help child find activities to do instead watching television or playing computer & video games.
- Schedule time for you and your child to go outside.
- Arrange time for your child to play with friends.
- Write down a list of physical activities for your child to do and hang it on the fridge. When your child is having trouble coming up with ideas of what to do, they can go to the list and choose something.
- Take the television and/or computer out of your child's bedroom.
- Provide foods from each food group most every day (veggies, fruit, dairy, grains, meat/protein).
- Keep only healthy snacks in the house.
- Schedule regular meals and snacks.
- Maintain a supply of fruits, vegetables and healthy snacks in the home.
- Limit the availability of high-sugar or high-fat snacks in the home.
- Spread food intake out evenly throughout the day - avoid having biggest amount of food eaten in the evening.
- Pack healthy snacks and drinks when away from home (i.e. for outings, when running errands, during extracurricular activities or when traveling).
- Help child find activities to do instead of munching.
- Distract the child when he/she demands extra snacks.
- Have a consistent bed time and allow for 10 to 13 hours of sleep most nights – sleep deprivation is a cause of food cravings and overeating.



Additional points to consider:

- Parents need to be in agreement about their child's eating habits and nutrition.
- Set clear and simple expectations for the child and give the child choices within them. Rigid, inflexible food rules promote food sneaking and binge eating.
- Avoid using food to meet emotional needs or to manage behavior (i.e. withholding food as a punishment or rewarding good behavior with food). Food's purpose is to support health, growth and development.
- Have developmentally appropriate goals for the child.
- Involve child in monitoring their healthy habits.

The positive power of the family:

- Get the entire family on board. Tell family members, who spend time with your child, about the healthy habits you and your child are working on together. Ask for their support.
- All family members need to be consistent with how they support and encourage the child to practice healthy habits. When talking to the child about healthy new habits, express excitement and enthusiasm about how the child will benefit (i.e. grow tall and strong, run fast, jump high).
- All family members (older siblings and adults) should model healthy behavior for eating and physical activity when with the child.
- Avoid making the child feel singled out or isolated.