

Parent Toolkit for Healthy Weight Kids



This toolkit is FREE and contains the following:

1. Part 1 Video – Parent Toolkit for Healthy Weight Kids (watch this while completing the self-discovery exercise)
2. Part 2 Video – Parent Toolkit for Healthy Weight Kids (watch this while completing the goals worksheet and filling in the goals chart)
3. Self-Discovery Exercise to help you identify key unhealthy habits that may be contributing to your child's high BMI
4. Healthy Habits Goals Worksheet to help you choose habits you want to work on with your child
5. Healthy Diet for Preschoolers Plus Serving Size Recommendations
6. Actions Parents Can Take to Support Their Child's Health Habits
7. Healthy Weight Kids Goals Chart to help you and your child track success with adopting new healthy habits
8. Healthy Habit Tips – Companion Guide to Parent's Toolkit for Healthy Weight Kids
9. Links to additional resources on the Positive Patterns for Life website.

Access the FREE Parent Toolkit for Healthy Weight Kids now ... go to:

<https://www.positivepatterns4life.com/services/programs>