

Promoting Healthy Weight Preschoolers

This program helps parents exchange their child's unhealthy habits for healthier habits.



About the Program

Healthy Weight Kids is an evidence-based, pediatrician approved, healthy habits program for preschool-age children. This program approach to helping lower high BMIs in preschool-age children was first implemented in pediatric clinics in Wyoming in 2013, where it proved to effectively lower high BMIs in young children while supporting optimal growth and development. In 2024 the Parent Toolkit for Healthy Weight Kids was made available to parents everywhere via an online format. The online version of the program is easy for parents to access and use.

SEE COMPLETE DETAILS ON BACK!

Parent Toolkit for Healthy Weight Kids

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Helping Children Live Long Healthy Lives

Have you been told your child has a high BMI? Here's the thing, the longer a child lives with a high BMI, the harder it will be to correct that high BMI and the greater the risk of that child developing chronic diseases. Correcting high BMIs during early childhood provides the best opportunity for a child to live a long healthy happy life. The Parent Toolkit for Healthy Weight Kids will provide you with most everything you need to help your child lower their high BMI and achieve a healthier weight.

Parent Toolkit for Healthy Weight Kids



This toolkit is FREE and contains the following:

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

Parents can access the FREE Parent Toolkit for Healthy Weight Kids at:
<https://www.positivepatterns4life.com/services/programs>

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