

Ten Upbeat Tips for Parents

1. Set the example (eat healthfully, become active).
2. Don't coerce or hassle your child.
3. Limit or control high-fat and high-calorie food in the home.
4. Provide positive incentives for your child on a regular basis (lots of praise, and inexpensive rewards such as CDs, tennis shoes, and movie passes).
5. Have plenty of tasty, low-fat, low-calorie foods available.
6. Get the entire family involved in being more active and eating more healthfully.
7. Be prepared for major and minor setbacks-they're inevitable! Discuss problem situations with your child and brainstorm ways to handle them.
8. Initiate activities in the evening and on the weekends by inviting your child to take a walk in the park with you, or take a family bike ride together.
9. Help your child plan an eating strategy for special events such as parties or dances.
10. Assist your child in making healthy choices at restaurants and fast-food spots