

Childhood Obesity; A Growing Problem

Obesity can lead to serious health problems such as diabetes, asthma and heart disease. Overweight/obese children often have trouble keeping up with other children. Peers may tease and exclude them which leads to a low self-esteem, negative body image and even depression.

Good News

You as a parent can make a big difference by providing support, encouragement and positive role modelling you can help your child reach and maintain a healthy weight.

Leading by Example.

- **What you eat:** Tell your child what healthy food you are eating and ask if they would like to try some.
- **When you cook:** Cook healthier in front of your children, better yet give them an age appropriate task.
- **How you move:** Exercise in some way.
- **Your free time:** Avoid television or computer time. Get active with your family.
-

Making Healthier Food Choices

- **Eat the rainbow:** Serve and encourage a wide variety of fruits and vegetables.
- **Make breakfast a priority:** Children who eat a healthy breakfast are less likely to be overweight or obese.
- **Cut back on fat:** Limit fatty acids, such as fish, nuts and vegetable oils. Cut back on fast foods, junk foods and sweets.
- **Regular meal times:** If children know they only get food at certain times they are more likely to eat it.



Jean Burton

Parent Support Adviser