

WHAT CAN PARENTS DO TO HELP?

Children's feelings about themselves are often based on how they think their parents feel about them. Your role is crucial.

- Involve the whole family in building healthy eating and physical activity habits. This benefits everyone and does not single out the child who is overweight.
- Be supportive and give them positive reinforcement
- Encourage healthy eating habits
- Encourage physical activity
- Discourage inactive activity
- Be a positive role model and lead by example
- Keep an open line of communication
- Don't pressure them too much
- Try keeping track of what your child eats and the amount of time they spend doing physical activities
- Make goals together with your child. Don't overwhelm them. Instead, take steps to changing their diet and lifestyle.



Family Behavioral Resources

Here, caring is everything

HELPING KIDS STAY HEALTHY AND FIT



Family Focused Therapy

Healthy eating and physical activity habits are key to your child's well-being. Eating too much and exercising too little may lead to overweight and related health problems that may follow children into their adult years. You can take an active role to help your child—and your whole family—learn healthy eating and physical activity habits that last a lifetime.

At FBR, it is our policy that services are provided and admissions and referrals are made without regard to race, sex, color, national origin, ancestry, religion, creed, disability or age.



A CARF Three-Year Accreditation has been awarded to Family Behavioral Resources for its *Intensive Family-Based Services - Mental Health* (Children and Adolescents), *Outpatient Treatment - Mental Health* (Adults), and *Outpatient Treatment - Mental Health* (Children and Adolescents). *BHRS program is accredited under Outpatient Treatment. Ask us about CARF today!

Be sure to follow Family Behavioral Resources on **facebook** and **Linked in**.

1-866-432-7273

www.familybehavioralresources.com

15% of children ages 6-19 are overweight.
 Help prevent this number from increasing.

WHAT CAUSES OBESITY?

- Poor eating habits
- Overeating or binging
- Lack of exercise (i.e., couch potato kids)
- Family history of obesity
- Stressful life events or changes (separations, divorce, moves, deaths, abuse)
- Family and peer problems
- Low self-esteem
- Depression or other emotional problems
- Urban and suburban designs that discourage walking and other physical activities;
- Pressures on families to minimize food costs, acquisition



WHAT ARE THE RISKS OF OBESITY?

- Higher risk for strokes and some forms of cancer
- High blood pressure
- Diabetes
- Gallstones
- Heart disease

Children grow at different rates at different times, so it is not always easy to tell if a child is overweight. If you think that your child is overweight, talk to your health care provider. He or she can tell you if your child's weight and height are in a healthy range. Preventing obesity can be as simple as making a few changes to one's diet and adding a little more activity to one's lifestyle.

IMPROVING ONE'S DIET:

Healthier Snacks

- Animal crackers
- Vegetables (Carrots, celery, cucumbers etc.)
- Pretzels
- Fruit
- Popcorn
- Applesauce
- Yogurt
- Bumps on a log*
- Homemade Trail Mix*

*Bumps On A Log

- 1 celery rib, washed, ends trimmed
 - 2 tablespoons creamy or chunky peanut butter
 - 10 Raisins
1. Fill celery with peanut butter.
 2. Press raisins into peanut butter. (Makes 1 celery stalk)



*Homemade Trail Mix

Equal parts of nuts and various dried fruits with additions of chocolate or coconut or salty snacks like pretzels or breakfast cereal.

- 1 cup salted peanuts
- 1 cup raisins
- 1 cup addition of your choice

Mix and portion out. Adjust the proportions to taste.

Common Additions:

- Dried fruit: raisins, dried apricots, date nuggets, banana chips, apple chips, dried papaya, dried cranberries, dried cherries.
- Nuts and seeds: peanuts, almonds, hazelnuts, sunflower seeds.
- Salty stuff: Pretzels, sesame sticks, oriental rice crackers, salty "party mix" cereal.
- Cereals: Any breakfast cereal, granola. Double or triple as necessary.



Other Tips for Eating Healthier

- Limit "fast food."
- Cut out foods high in saturated and trans-fats.
- Try to eliminate soda and other sugary drinks.
- Control "sweet" cravings by eating fruits.
- Eat more white meat instead of red meat.
- Drink plenty of water.

INCREASING PHYSICAL ACTIVITY:

Studies have shown that kids who exercise are proven to be happier than those who don't.

Even 20 minutes a day can make a difference!

Fun Activities to Help Stay Fit:

Swimming	Walking	Tag
Trampoline	Basketball	Bowling
Jumping Rope	Kickball	Bike Riding
Hopscotch	Playing Catch	Football

Other Ways to Stay Active:

- Set limits on the amount of time children watch TV or sit in front of the computer.
- Plan active outings for the family such as going to the zoo or walking through the park.
- Assign active chores like vacuuming or washing the car.
- Join a sports team or class.

