



# Weight Management

## Part 1

### Helpful Tips for Parents:

**Weight problems are still a serious issue for children and teens in the United States. The American Academy of Pediatrics (AAP) says that the number of children and teens with obesity has more than tripled between 1965 and 2018. Obesity is now one of the most common long-term health problems for kids.**

**Being overweight as a child can cause health problems like diabetes, asthma, sleep apnea, and high blood pressure. It can also affect how kids feel about themselves. Some children may feel sad, depressed, or have low self-esteem because of their weight.**

**Parents play an important role in helping their children make healthy choices. Try adding one or two of the strategies below at a time. Small changes over time can help your child or teen build healthier habits and reach or keep a healthy weight.**

- Remove unhealthy temptations from the home.
- Gradually introduce healthier foods into the family diet over a period of time
- Consider eating breakfast daily or at minimum a late morning snack to minimize binging later.
- Use things other than food or screen time as rewards.
- Ensure that “special times” don’t frequently involve food or sedentary activities
- Allow your child to participate in planning and preparing the family meal – kids are often more willing to try new things if they have helped prepare them.
- Drink a full glass of water before each meal.
- Eat raw, crunchy vegetables and/or fruit at the start of the meal.
- Put any snack in a small bowl and only eat at the kitchen table.
- Eat meals on a salad plate, which makes portions look larger.
- Eat slowly, chewing food completely. It takes 15–20 minutes for the brain to register a full stomach.
- Eat out less (once a week or less) and eat meals together as much as possible.
- Prepare easy-to-take healthy snacks ahead of time when your family is on-the-go.
- Limit before bed and between meal snacking.
- Turn off the TV/media during mealtimes and snacks.
- Promote physically active family time, such as hikes, bike rides, playing outside or dancing.

### HELPFUL WEBSITES:

[WWW.EATRIGHT.ORG](http://WWW.EATRIGHT.ORG)

[WWW.HEALTHYCHILDREN.ORG/NUTRITION](http://WWW.HEALTHYCHILDREN.ORG/NUTRITION)



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