



# WEIGHT CONTROL, HOW CAN I HELP MY GRADE SCHOOL CHILD?

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It's no surprise that families struggle with weight issues, and they are not alone! The latest statistics show that 17% of children are now classified as *obese*, and 33% are considered *overweight*. (Based on their *BMI, Body Mass Index*) Parents often ask, "how can I help my family?" We will calculate your child's *BMI* at your child's physical, and recognition of the problem is the first step.

There are many strategies for long-term weight control, so every family must take their own approach based on their eating habits and family lifestyle. Children should have a healthy relationship with food to prevent food issues and avoid picky eating as much as possible. Parents should be in charge of providing a healthy environment around food, and making sure children are exposed to a variety of nutritious food. Children are then given the responsibility of deciding how much to eat, listening to their hunger and fullness cues. It is useful to talk about this.

## Here are the top 5 healthy family tips for weight control:

### 1. Watch portion sizes

We live in a world where "bigger is better" so families need to remember that we are often served more than what we need.

### 2. Serve fruits and/or vegetables at every meal.

Fruits and vegetables provide fiber to help fill kids up on very few calories.

### 3. Keep healthy snacks in your house and try to leave "junk foods" for special occasions.

### 4. Teach children to listen to their hunger/fullness cues.

Try to solve "bored", "stressed", and other emotions in a different way that does not revolve around food.

### 5. Get active!

Find activities that are fun for the whole family to enjoy.



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