

Tips for Kids: Eating Well & Feeling Good!

Regardless of your child's weight, it is important to help them feel good about themselves. It is not fun for children to worry about how much they weigh or how much they eat. Here are some things you can do to help your child feel good about themselves and be fit:

- ⑥ Help them recognize when they are hungry and when they are full.
- ⑥ Remind your child that healthy and fit comes in many shapes and sizes. No one body shape or size is healthy or right for everybody. Your child should feel good about how they look.
- ⑥ Expose your child to many different foods. All foods can be part of healthy eating. There are no good or bad foods. Eat fruits, vegetables, cheeses, and even sweets in moderation.
- ⑥ If your child is sad or mad or bored, help them find something to do other than eating.
- ⑥ Encourage a sport (like basketball or soccer) or an activity (like dancing or karate). Help them join a team, join the YMCA, join in with a friend, or practice with you! Promote hobbies, like drawing, reading, playing music, or creating art until your child finds things they like.
- ⑥ Teach your children not to tease people about being too fat, too thin, too short, or too tall. And, teach them not to laugh at other people's jokes about fat (or thin) people or short (or tall) people. Teasing is unfair and it hurts.
- ⑥ As an adult, set a good example of health by living healthy everyday:
 - Don't diet to lose weight . It is not healthy for adults or kids.
 - Eat a variety of healthy foods!
 - Show that "thin" is not the same as being healthy and happy.
 - Be physically active.
- ⑥ Be active and eat healthy meals as a family. Your child will not feel singled out or punished if they are overweight.
- ⑥ Children and adults who exercise and stay active are healthier and better able to do what they want to do, no matter what they weigh or how they look.

Help your child fill in the blanks below:

Healthy Foods I Like:

Activities I Like:

Things I Like About Me:

Fit for a Kid

