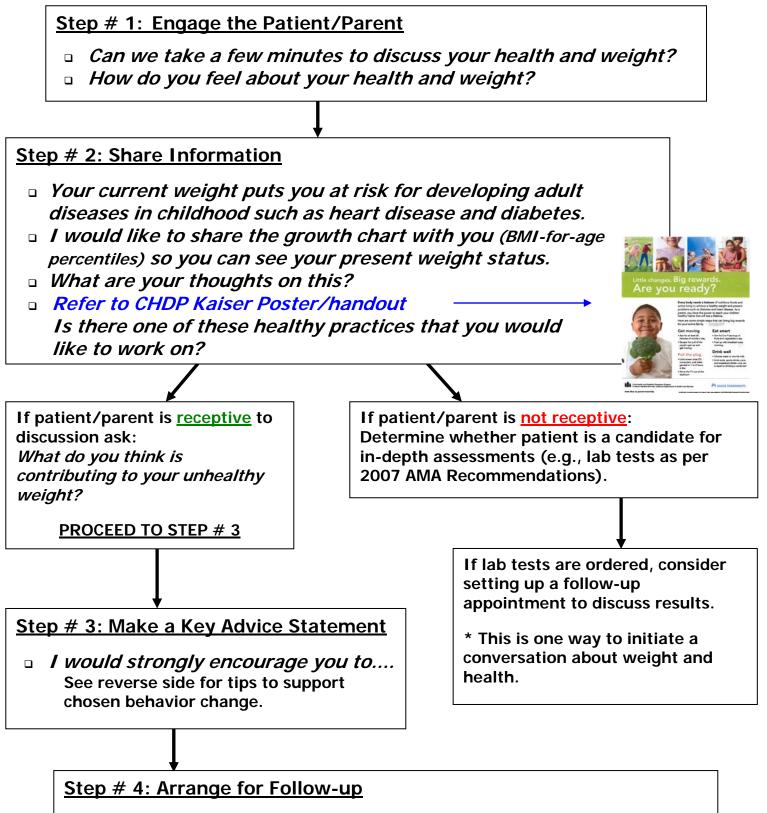
COUNSELING THE OVERWEIGHT CHILD



Let's set up an appointment in _____ weeks to check how things are going.

Adapted from 'Brief Focused Advice' Kaiser Permanente © 2004

Prepared by Nutrition Sub-Committee of the Child Health and Disability Prevention (CHDP) Program, December 2008

Tips for Encouraging Behavior Change

Get Moving

At least 1 Hour of Physical Activity a Day

Tips:

- Schedule outdoor time: plan family walks, outings to the park, or bike rides
- Be active indoors: dance, vacuum, make beds, play balloon volleyball
- Sign up for activities through the YMCA, Parks and Rec Dept, schools and community centers (reference – resource guide)

Pull the Plug

Limit Screen Time (TV, Computers & Video Games) to 1 – 2 hours a day

Tips:

- Remove TV and computers from children's bedrooms
- No TV for children under 2 years
- Turn off TV during mealtimes

Drink Well

Limit Sweetened Beverages

Tips:

- Decide what drinks are available in your home
- Offer water or non/low-fat milk instead of juice or soda
- Mix 100% fruit juice with water and limit to:
 - **4-6 oz. for 1-6 years**
 - 8-12 oz for 7-18 years

Eat Smart

Eat More Fruits & Vegetables

Tips:

- Offer fruits for snacks instead of chips, cookies, and candy
- Choose frozen or canned vegetables if fresh are not available
- Cut up fruits and vegetables so that they are ready to eat

Eat Less Fast Food

Tips:

- Order the smallest size food/beverage
- Prepare homemade meals in advance to avoid the temptation of fast food
- Avoid "extras" like cheese, bacon, and mayo

Eat Breakfast Daily

Tips:

- Stock kitchen with easy to grab breakfast items (fruits, mini bagels, cheese sticks, yogurt)
- Check if the school has a breakfast program
- Eat breakfast with your child

Limit Portion Size

Tips:

- Serve food on smaller plates (Note that a child's stomach is the size of his/her fist)
- Keep serving dishes off the table
- Split an entrée or take half home when eating out