

# What Can I Do To Help My Child?

- ☺ Realise it's not too late. It's OK, and you can start changing it!
- ☺ Ask for help. Talk with your family worker, Home-Start volunteer, neighbourhood centre, child and family health nurse, etc - and look through the EAT MOVE LIVE Kit or Mobile Site - you don't have to know how or do it alone.
- ☺ Focus on the family making changes, not just your child. Don't tell your child they are overweight or obese. Decide to be a bit more active and eating healthier as a family



- ☺ Start slowly. Decide to make one or two changes as a family - like going for a walk each day, not having fizzy soda drinks in the house, or maybe eat together around a table a few nights a week without the TV on.



- ☺ Use the EAT MOVE LIVE placemats for each child, and play the games on it. Ask about each other's day - kids love the attention - talk, laugh and listen.



- ☺ Maybe ask a friend with children, to join your family in making the same changes - and chat about how you all did and swap tips on how to make it easier.
- ☺ Use the EAT MOVE LIVE Reward Charts - and celebrate everyone's effort and progress with treats like books, stickers, special time with you or outings to the park.



- ☺ Think and talk about the good things that will happen because of the changes you're making - like spending happy time with your kids, discovering new things you've never thought of before, cheaper grocery bills, your children's self esteem☺



- ☺ Understand that setbacks may happen, but try to be patient - new habits just need to be practiced over and over again - for children and adults.

- ☺ Keep making small changes, one at a time. Your child will love you for it!

- ☺ Fill out the 'Healthier Foods I Like' list for your child - think about the foods they'll even have just one bite of, and keep offering it at least 20 different times.

- ☺ Instead so saying NO, offer a different choice - from the foods on your child's 'Healthier Foods I Like' list

- ☺ Only put out a small serve of snack foods in a bowl, once a day - and put the rest of the packet away. Don't give your child a whole box or packet. Kids don't know when to stop!!!



- ☺ Remember not to single your child out as different. They need you to help them, and be their role model

