

Healthy Families in 2012

Parents can often be heard saying, “I just want my child to be happy and healthy.” While it can be uncomfortable to talk openly about weight, a child’s well-being can be affected by their weight.

Did you know:

1. Children that are overweight or obese can experience increased psychological, social, and medical problems, including depression, anxiety, poor body image, social exclusion, low self esteem, type II diabetes, high blood pressure, heart problems, and sleep apnea.
2. Children may not outgrow their overweight status: overweight children are much more likely to continue to gain weight and be overweight as adolescents and adults.

Helping children make positive changes:

3. **Help your child focus on their hunger and fullness cues.** You can start by helping them to eat when they are hungry and stop before they become “stuffed”.
4. **Be a positive role model for your child.** Your children are more likely to eat well, exercise, and be positive if you’re showing them how!
5. **Help your child set goals and monitor progress.** Sticking to the plan is easy if you write food down in a journal.
6. **Practice impulse control and self regulation with your child.** These are life skills that will come in handy, even as adults!
7. **Don’t use food as a reward** (example: “If you are good by grandma’s you’ll get ice cream”). Healthy eating patterns can easily be undone by unhealthy snacks.
8. **Increase physical activity for the whole family.** Have fun together: make physical activity a family event!
9. **Talk with your child’s pediatrician.** He or she can assess your child’s weight and may refer to a nutritionist to develop a food plan specifically for your child.
10. **If you have concerns about your child, seek help.** Counselors can address concerns that can go along with being overweight and show parents techniques that lead to positive changes!

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With the support of Fond du Lac and North Fond du Lac School Districts and community partners, CSI is families, schools, and community working together to support children as they grow. Meeting their physical, social, and emotional needs now will result in healthy adults and a safe community for everyone. For more information or to get involved in the CSI project, please visit www.csifdl.org. The CSI Project is funded by the US Departments of Education (OSDFS), Health & Human Services (SAMHSA), and Justice (OJJDP).