



# HELPING YOUR CHILD: Develop healthy habits for a healthy weight

Talk about your child's growth pattern with their health care provider or WIC staff. It is best when your child follows their growth curve and gains the recommended amount of weight for their age. Your child's health care provider may refer you to a registered dietitian. They can offer ideas to help your child get the nutrients they need and tips to make healthy changes.

## WHAT CAN CAUSE TOO MUCH WEIGHT GAIN ...and what you can do to help!

### FOOD CHOICES

### CREATE HEALTHY EATING ROUTINES



- ✓ **Eat together as a family.**  
Your child will learn by watching you. If you eat foods that are high in nutrition, they will too!
- ✓ **Create a meal and snack routine.**  
Make a paper clock; hang it on the fridge. Change the hands to show the next meal or snack time.

- ✓ **Offer foods with a lot of nutrition, like:**
  - Veggies
  - Fruit
  - Whole grains
  - Protein foods
  - Low-fat dairy foods
- ✗ **Limit foods that are low in nutrition, like:**
  - Chips
  - Sweet foods
  - Sweet drinks



>>> Eating too many foods that are high in calories and low in nutrients can make your child gain too much weight.

### HOW YOU CAN HELP YOUR CHILD

- ✓ **Help your child pay attention to their feelings of hunger and fullness.**  
Talk to your child about how their stomach feels. Also, sometimes we think we are hungry when we are thirsty.
- ✓ **Find other ways to comfort your child besides food.**  
Consider cuddle time, reading a book, or doing an activity together.
- ✓ **Make meals at home instead of eating out.**  
Offer a veggie and a fruit with each meal. Choose 1 new food that is high in nutrition to try each week.
- ✓ **Offer water instead of sugary drinks between meals.**  
If your child does not care for water, try flavoring it with fruit slices or herbs.



Ask your child:  
**Are you thirsty?**

## NOT MOVING ENOUGH

### MAKE TIME FOR ACTIVITY!



>>> Too much screen time or sitting can make your child gain too much weight.

#### HOW YOU CAN HELP YOUR CHILD

- ✓ Help your child be active for at least 60 minutes each day.
- ✓ Be active as a family.
- ✓ Limit screen time to 2 hours or less per day.

## NOT SLEEPING ENOUGH

### CREATE A SLEEP SCHEDULE



>>> Getting too little sleep can cause your child to eat more food and choose less healthy foods.

>>> If your child is too tired, they may not want to be physically active.

#### HOW YOU CAN HELP YOUR CHILD

- ✓ Set a regular bedtime so your child can get the sleep they need.
- ✓ Include a daily nap time or quiet reading time.
- ✓ Remove screens from your child's bedroom.
- ✓ Turn all screens off after 6 pm.

## GENETICS

### LEARN ABOUT YOUR GENETICS

>>> Heredity is the passing of genetic traits from parents to children such as eye color, height, weight, and health conditions.

#### HOW YOU CAN HELP YOUR CHILD



- ✓ Talk with your child's health care provider about your family's history of body size and weight.

## MEDICATIONS

### MEDICATIONS AND WEIGHT

>>> Some can increase or decrease hunger.

#### HOW YOU CAN HELP YOUR CHILD



- ✓ If your child takes medications, talk with their health care provider about how they can impact hunger or weight.

**Actions I will take to help keep my family healthy:**

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**Learn More with wichealth Lessons!**

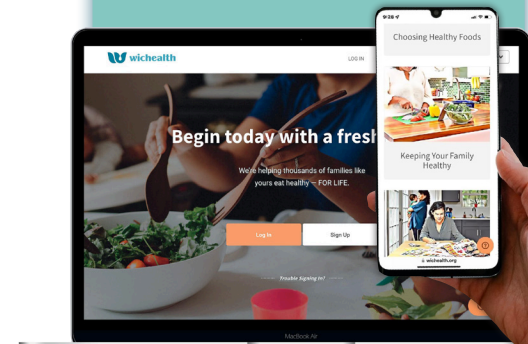
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— OR —

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