

## The National Effective Parenting Initiative



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# Simple Successful Strategies for Parents of Overweight Children

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(The following is an extract from The University of Wyoming Cooperative Extension bulletin which was designed for parents of overweight and obese children and adolescents. To read the entire bulletin, go to <http://ces.uwyo.edu/PUBS/b1066.pdf>)

- **Control** the type of food available. Make fruits, vegetables, low-sugar cereals, and low fat calcium products readily available for snacks.
- **Secure** a safe, accessible place outside for play—especially for young children. Model healthy behavior—normal, healthy eating, and an active lifestyle.
- **Commit** to quality family meal times as frequently as possible.
- **Praise, love, and cherish** the child - never tie acceptance to body size or shape.
- **Participate** in family physical activity times on a regular basis— family hikes, family bike rides, and family walks.
- **Encourage** physical activity. Support your child's organized physical activities.
- **Focus** on good health, not a certain weight goal. A certain level of overweight may be genetically determined and internal controls may discourage weight loss.
- **Limit** how much time your child watches television, plays video games, and works on the computer.
- **Balance** inactive time with active time.
- **Strive** to follow the guidelines of the Food Guide Pyramid.

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### About Betty Holmes, MS, RD

Betty Holmes, MS, RD was a Senior University Extension Educator, now retired, at the University of Wyoming, Laramie.

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Their website is [ces.uwyo.edu](http://ces.uwyo.edu).