

School Age Parent Tips

Healthy

- Review your child's growth charts with your healthcare provider.
- Be a good role model and make healthy eating and activity together a goal for all family members.
- Remember this is a time that children begin their role as student learners and become involved in school activities.
- Children slowdown in their rate of growth.

Eating

- Provide healthy choices for meals and snacks.
- Eat 5 or more servings of fruits and vegetables per day.
- Eat 3 or more servings of whole grain foods per day.
- Portion size and control are very important; also remind children to eat slowly.
- Encourage healthy, low-fat snack foods.
- Avoid fried foods and high-calorie, non-nutrient foods (e.g., doughnuts, French fries, chips, cakes and candy).
- Avoid fruit drinks and sodas! Drink water instead.
- Do not have a "clean plate" policy for meals.
- Limit fast food meals and offer healthy traditional foods enjoyed in your culture (e.g., beans, corn, tortillas, fruits and vegetables).

Activity

- Ensure child participates in at least 60 minutes daily of intermittent, moderate to vigorous physical activity, such as jumping rope, basketball, kickball or dancing.
- Limit TV, video and computer time and no TV during meals.
- Limit TV, video and computer time to less than 2 hours a day.
- No TV or computer in your child's bedroom.

Together

- Schedule times for family meals together and participation in physical activities.
- Respect that your child is responsible for whether to eat and how much to eat.
- Don't let TV advertisements influence food selection.
- Support healthy food choices and daily physical activity at your child's school.
- Work with your child to learn to avoid the use of food for comfort and to recognize emotional triggers for eating and substitute other coping strategies.

Always ask your Primary Care Provider whenever you have any concerns/questions regarding your child's health!

