

Patient Name: _____

Date of Birth: _____

Date of Visit: _____

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 activities at school.
 - 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.
- Use low-fat or non-fat milk but limit intake to no more than 16 ounces per day.
- Encourage healthy, low-fat snack foods.
- Encourage a high fiber diet and foods that are rich in calcium.
- Use soft margarine rather than lard, butter or stick margarine.
- Portion size and control are very important.
- Avoid fried foods and high-calorie, non-nutrient foods (e.g., doughnuts, French fries, chips, cakes and candy).
- Serve 100% fruit juice (not fruit drinks), but limit to 4–6 ounces per day.
- Avoid fruit drinks and sodas. Drink water instead.
- Limit fast food meals to no more than twice per week.
- Remind child to eat slowly.
- Offer healthy traditional foods enjoyed in your culture (e.g., beans, corn, tortillas, fruits and vegetables).
- Start each day by eating a healthy breakfast.
- Do not have a "clean plate" policy for meals.

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 to less than 2 hours a day.
- No TV during meals.
- 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.
- Begin teaching your child how to select and prepare healthful foods and drinks.
- 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.
- Support healthy food choices and beverages sold or served in school.
- Support physical education time as a regular part of school activity.

References

- www.mypyramid.gov/kids/
- www.niddk.nih.gov/index.htm (Weight-Control Information Network)
- www.oopkids.com
- www.cdc.gov/verb (good for 9–13 year olds)
- www.kidshealth.org/kid/stay_healthy/
- http://exhibits.pacsci.org/nutrition/nutrition_cafe.html
- www.nutritionexplorations.org/kids/main.asp
- <http://kidnetic.com>



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