

Follow the leader }



and you're ■
the leader.

Meals are a great
time to play
FOLLOW-THE-LEADER
and you're the leader!



SET A SMART EXAMPLE.
Sooner or later, kids will do as you do.

As a parent, trust your child to let you know when they are hungry and when they are full. Let your kids serve themselves at mealtime. Teach them to take small amounts at first. Tell them they can get more if they are still hungry.

Sometimes new foods take time:

- Kids don't always take to new foods right away. Offer new fruits and veggies many times. Give them a taste at first and be patient with them; patience works better than pressure.

Smart moms resist the food fights (and, in the end, everybody wins):

- Some kids demand the same food morning, noon, and night. The less you make of it, the better. Focus instead on offering a variety of healthy foods. The demands won't last forever. By letting them choose what and how much they are going to eat, they will be more likely to enjoy a food when it is their own choice. It also helps them learn to be independent.

Tips to be a good leader:

- Start the day off with breakfast.
- Share meal time as a family.
- Give your children opportunity to try new flavors and textures.
- Limit screen time to no more than 2 hours per day.
- Join your children in getting the 60 minutes of physical activity they need every day.
- Turn off the TV during mealtime.
- Limit juice and sugar-sweetened beverages such as soda, lemonade, fruit punch, etc.
- Offer and enjoy a variety of fruits and veggies. All forms count: fresh, frozen, canned, and dried.
- Share the fun of shopping, preparing and eating food with your kids.

Resources:

www.mypyramid.gov

www.fns.usda.gov/eatsmartplayhardhealthy/lifestyle

Adapted from the Massachusetts WIC Nutrition Program, Massachusetts Department of Public Health



Childhood Obesity
Prevention Project

An Initiative of the Nebraska Medical Association



Teach a Kid
to Fish

Creating community solutions for children's health

Nutrition & Activity
FOR HEALTH
— PREVENTION WORKS

DHHS
Nebraska Department of Health
and Human Services