

Attention Parents!



Your child's biggest influence is YOU!

The biggest responsibility you have is to be the best role model you can for your child. Parents and caregivers that are a positive role model for healthful eating and physical activity have a great impact on youngsters. As a parent, you should not ask your child to make changes you are not willing to do yourself. Your child will be more successful if you make healthy lifestyle changes together! If you want your children to enjoy the benefits of a healthful lifestyle, set a good example.

What are YOU eating?

How active are YOU?

So whose responsibility is it?

It is important to divide the eating responsibilities with your child.

Mom & Dad's job is to decide:

- **WHAT** food is offered.
- **WHEN** the food is offered.
- **WHERE** the food will be eaten.

The child's job is to decide:

- **IF** he/she will eat or not.
- **HOW MUCH** he/she will eat of the foods that are offered.

It is very important to let your child do his/her jobs. It's not easy to make dietary changes, and your child will benefit greatly from your support and encouragement.