

### Scoring

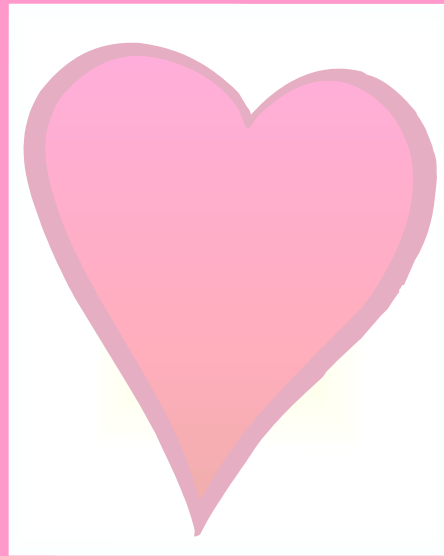
**-2 to 2 points:** Your child is at low risk of becoming overweight or obese. Continue to encourage your child to be active every day.

**3 to 7 points:** Your child is at moderate risk. Look for ways to increase opportunities for physical activity and focus on providing a balanced and healthy diet for your child.

**8 to 12 points:** Your child is at moderately high risk. Limit his or her screen time and help your child achieve one hour of physical activity each day. Look for ways to add physical activity into your family life or involve your child in a sport or community activity they enjoy. In addition, examine your family's meal and snack patterns. Try replacing high-calorie snacks with servings of fruits and vegetables.

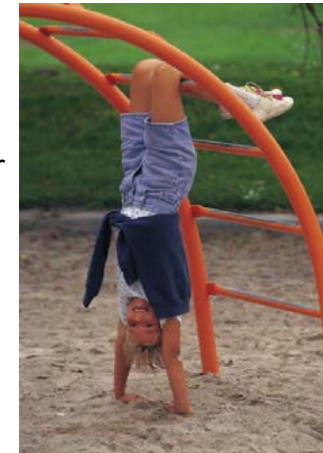
**13 to 16 points:** Your child is at high risk. Carefully examine your child's eating and exercise habits. Work as a family to make healthy lifestyle changes and talk to your physician or a registered dietitian about how to make changes.

# Parents: You *Shape* Your Child's Eating Environment



**F**rom birth, your choices affect your child's future. Some of the choices you make that will shape your child's habits are:

- Whether you breastfeed or bottle-feed.
- The number of times you offer your child a food when they don't want to eat it.
- How often your child is fed.
- The portions of food that **you** eat and you give your child to eat.
- **What** foods and drinks are available.
- The amount of time your child spends alone with access to food.
- Whether or not you eat meals as a family.
- How often you eat food away from home, both fast food and restaurants.
- How much time your child spends watching TV, playing video games, or on the computer.
- How often **you** exercise sets the example for how often your child thinks he should exercise.



A **Healthy Body** makes  
a **Healthy Heart**

- **PLAY HARD & BE ACTIVE**
  - At least 30-60 minutes every day
- **CUT BACK ON TV & VIDEO GAMES**
  - Less than 2 hours a day
  - Remove TV from bedrooms
- **EAT FRUITS & VEGETABLES WITH EVERY MEAL & SNACK**
  - A total of 5 per day
- **CUT DOWN ON SODAS & JUICE DRINKS**
  - Drink water when thirsty
- **EAT BREAKFAST EVERYDAY!**

How ready are **YOU** to get healthy?

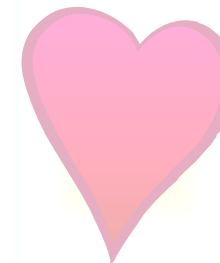
Not Ready  $\longrightarrow$  Ready

0 1 2 3 4 5 6 7 8 9 10

What would make me more ready?

What might my next steps be?

What's my plan?



**Healthy, strong  
bodies come in  
all shapes and  
sizes!**

## What *shape* is your family in?

### Is your child at risk of becoming overweight?



1. How much “screen time” (TV, video, computer games) does your child get each day?  
Less than one hour -1 point  
1 to 2 hours 0 points  
2 to 3 hours 1 point  
More than 3 hours 2 points
2. How many servings of fruits and vegetables (excluding fruit juice) does your child drink each day?  
5 or more servings 0 points  
3 to 5 servings 1 point  
Less than 3 servings 2 points
3. How much physical activity does your child get each day?  
Less than 30 minutes 2 points  
30 to 60 minutes 0 points  
More than 60 minutes -1 point
4. My child plays outdoors on most days of the week.  
True 0 points  
False 1 point
5. Is water your child’s main beverage throughout the day, (along with low-fat or skim milk at meal times)?  
Most occasions 0 points  
Sometimes 1 point  
Hardly ever 2 points
6. My child snacks predominantly on high-fat foods.  
Most of the time 2 points  
Some of the time 1 point  
Hardly ever 0 points
7. Food is NOT used to reward positive behavior in our family.  
True 0 points  
False 1 point
8. My child participates on community or school sports teams or is involved in activities such as dance classes or tennis lessons.  
True 0 points  
False 1 point
9. Regular physical activities are part of our family life.  
True 0 points  
False 1 point
10. Do the child’s parents maintain a healthy weight?  
Yes, both parents do 0 points  
No, one parent is overweight 1 point  
No, both parents are overweight 2 points

*\*Scoring on back panel*

**T**oday’s families are busier than ever, but that does not mean your family has to give up good nutrition. There are a lot of things you can do to insure your child is developing healthy habits.



- Monitor your child’s eating by setting limits on frequency and types of foods available.
- Eat meals at home as a family as much as possible instead of eating out. This helps you monitor portions, encourages kids to eat slow, and gives you the opportunity to make sure healthy foods are provided.
- Watch what **you** eat! Your kids will want whatever you are having.

Make sure **you** also make healthy choices. **Don’t have two sets of rules** when it comes to food and eating.

- Teach your child appropriate portions and how to recognize when they are satisfied.
- **Parents decide** the **WHAT, WHEN** and **WHERE** of eating. Your **child decides** **HOW MUCH** he will eat of the foods you have offered.
- Avoid telling your child to “clean their plate”. This will lead to eating more than they need.
- Expose your child to lots of fruits, vegetables and other healthy foods every day.
- Offer your child a food 12 to 15 times before you decide they don’t like it.
- Make sure that **you** exercise regularly. Exercise as a family by taking walks or bike rides.
- Take charge as a parent! Do not keep junk food and sweet drinks in the house. If you don’t want your child to eat it, then don’t bring it home.
- Involve your children in the meal planning process, including planning menus, grocery shopping and preparing meals.
- Turn off the TV! Limit TV, video games, and computer time to less than 2 hours total per day. No TVs in bedrooms.
- Keep healthy snacks like fruits and veggie sticks available for your kids for a quick energy boost.

**Lasting changes will take time to develop. Keep working to create healthy habits for your child!**

