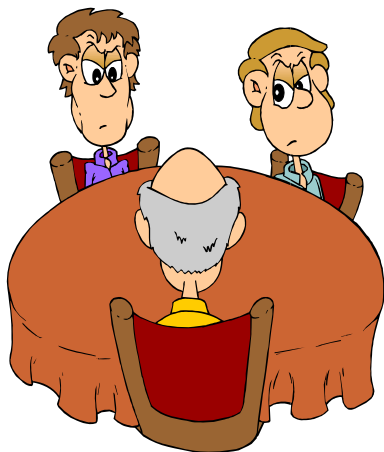


## How to Approach the Patient and Family.

Discussing a child's weight and a family's lifestyle can be a "touchy" subject. Enclosed are some tips to help you approach the situation with confidence. Be sure to always include the entire family and focus on the "health" of the child. Discuss the negative consequences of being overweight, but also the positive aspects of a healthy lifestyle.



3006 S. Maryland Pkwy Suite 690  
Las Vegas, NV 89109

653 Town Center Dr. Suite 310  
Las Vegas, NV 89144

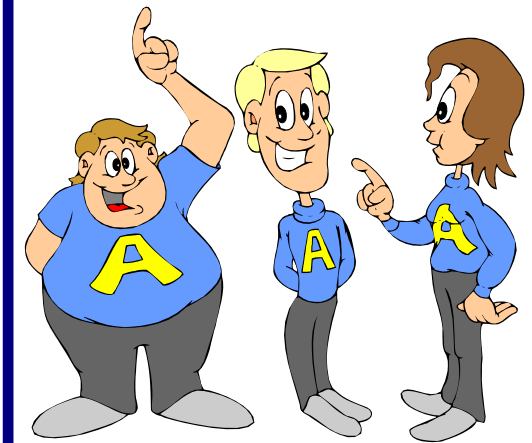
10001 S. Eastern Suite 300  
Henderson, NV 89052

(702) 732-1290

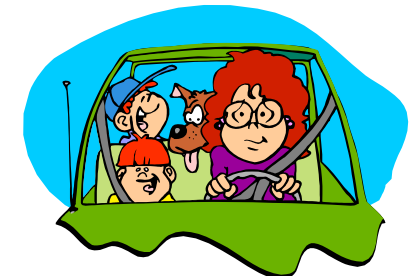
85 Kirman Ave.  
Reno, NV 89502  
(775) 324-6644

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## A Guide to the Overweight Pediatric Patient



Helping families get  
on the road to good  
health.



## When Speaking to Overweight Children & Their Families...

1. First, educate the patient and family of the health risks associated with being overweight.
2. Second, avoid blame or guilt, and be empathetic and sensitive.

- Avoid labeling children as “obese”. They are overweight or at risk for being overweight.

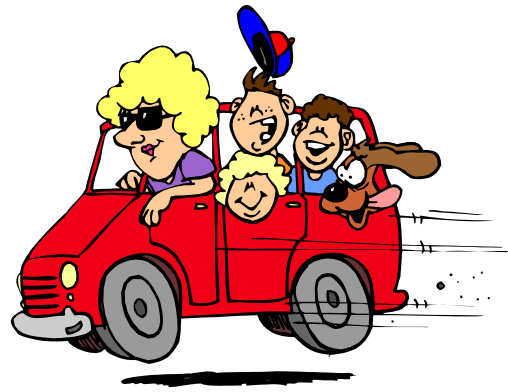


- Encourage children and parents to strive for a “healthy weight” rather than an “ideal weight”.

- Focus on “lifestyle” rather than “dieting”. Avoid labeling foods as “good” or “bad”, but rather, “healthy” or “unhealthy food choices”.
- This is a “family” issue, not just the child’s issue. The entire family will need to make changes.

3. Third, assess the patient and family’s readiness to change.

Ask children and families to rate themselves as to how ready they are to make healthy lifestyle changes, using a scale of 1 – 10. (Patients who rate themselves a low number may not be ready to change, and should not be forced to do so).



## Getting Families on the Road to a Healthy Lifestyle

Here is some key information to share with families to get them started in making healthy changes.

### Healthy Behaviors:

- Drink water instead of soda, juices and sweet drinks.
- Go for 20 minute walks (as a family) every day.
- Don’t skip meals (especially breakfast), it will cause you to overeat later in the day.
- Involve the entire family in making healthy changes!

## For Parents:

### Attention Parents!

Your child cannot make healthy changes without your help!

- Be a good role model. Your child’s biggest influence is **YOU**.
- Be consistent (the same rules apply to **everyone** in the family)
- Establish daily family meal and snack times.
- Parents determine *WHAT* food is offered, *WHEN* and *WHERE*.
- Stock the house with healthy food choices. (remove **all** temptations)
- Never use food as a reward or punishment.
- Encourage, and praise your child’s good behavior. Even little changes can make a difference.

