

# Jumpstart Your Family

- Everyone in the family can learn and practice new behaviors together.
- Parents influence their children's relationship with food and activity.
- Weight control is a family issue that requires a family solution.

## FAMILY EATING RESPONSIBILITIES

### PARENT'S RESPONSIBILITIES

- Decide what foods to offer at meals and snacks.
- Set regular meal and snack times.
- Provide meals or snacks at the kitchen/dining table only (without TV).

### CHILD'S RESPONSIBILITIES

- Decide if he/she will eat.
- Decide how much he/she will eat of foods served.
- Be present at family meals.
- Eat at the kitchen/dining table only.



## PARENTS—CREATE A HEALTHY HOME!

### BE A GOOD EXAMPLE

- Participate in physical activity regularly
- Make healthy eating choices yourself
- Eat fast food rarely
- Encourage family meals
- Your child is learning from you!

### BE CONSISTENT

- Set guidelines for meal times and place
- Don't allow eating in bedrooms or in front of the TV
- Set screen time limits for the whole family
- Spend time with your child



### BE A PLANNER

- Involve kids in planning & preparing meals and snacks
- Plan healthy meals & grocery shop accordingly
- Keep a variety of healthy foods like fruits, vegetables and whole grains in the house
- Keep quick healthy choices available for meals when you are rushed
- Avoid keeping hard-to-resist foods at home
- Plan family outdoor activities such as an after dinner walk, bike ride, or a trip to the park
- Try indoor activities like dancing or obstacle courses

### BE POSITIVE

- Praise your child and point out his/her strengths
- Avoid criticizing or embarrassing your child; look for the good in him/her
- Eating healthy and being active is great for everyone—not just for weight loss
- Give nonfood rewards

### BE PATIENT WITH FAMILY (and self)

- Remember that changing habits takes time
- Do not control children's food choices and amounts—it leads to sneaking and hiding of food
- Offer a new food more than once
- Remember that children have their own likes and dislikes
- Make mealtimes relaxing and fun

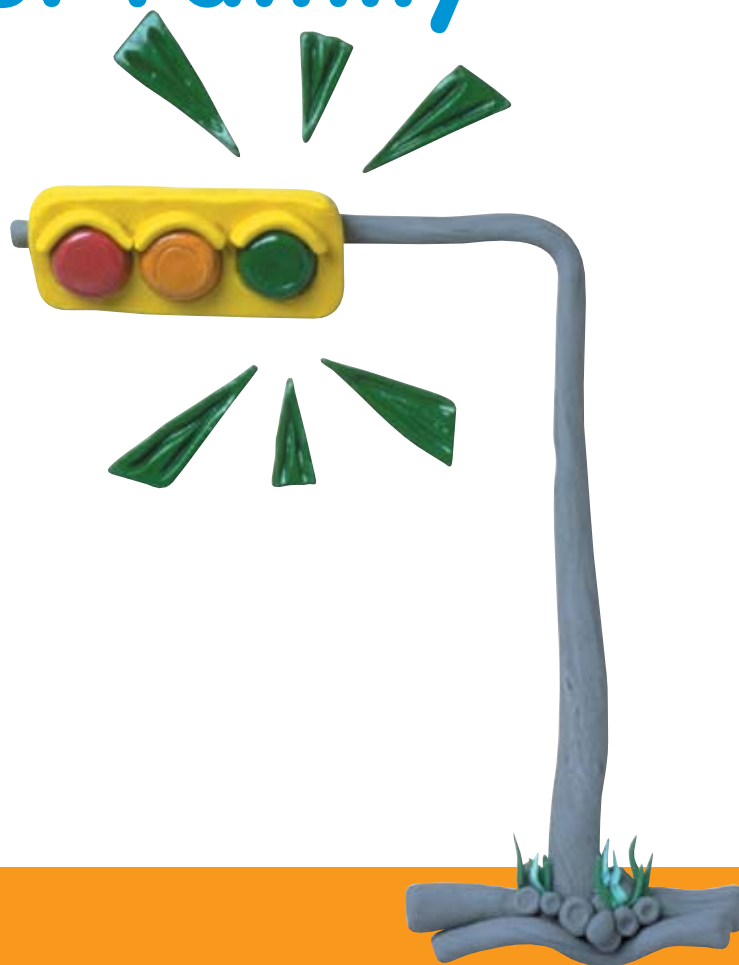
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## GOAL SETTING - KEY TO SUCCESS!

- As a family, pick one goal to work on together and support each other.
- Write the goal down on paper. Include what you want to do and how you will track it.

### Make it:

- » specific (time, amount, days of week)
- » measurable (minutes of activity per day)
- » realistic (one you are sure you will do)
- Work at it until you have achieved it, then choose another goal.



What are you doing well already?	What can you do better?

### PICK ONE GOAL TO WORK ON: (remember, be specific)

**EXAMPLE:** Take a family walk for 15 minutes after dinner, Monday, Wednesday, Friday.

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