

FAMILY EATING RESPONSIBILITIES

PARENTS' RESPONSIBILITIES

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

CHILD'S RESPONSIBILITIES

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

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

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 and preparing meals and snacks.
- Plan healthy meals and grocery shop accordingly.
- Keep a variety of 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 are great for everyone, not just for weight loss.
- Give rewards other than food.

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 food.
- Offer a new food more than once.
- Remember that children have their own likes and dislikes.
- Make meal times relaxing and fun.



JUMPSTART YOUR FAMILY



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 can 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 and Friday.

