

HOW TO SUPPORT YOUR CHILD/TEEN

IT'S MY PROBLEM.....

If I ask you if I can have something that I know is not healthy, don't tell me "yes" or "no." Remind me that it is my decision (problem) and that you won't love me more or less, no matter what I decide.

ENCOURAGE MY GOOD FEELINGS.....

Tell me when you see that I am doing well...leave me alone to deal with my feelings about myself when I "goof." I don't need the added problem of having to cope with your disappointment in me. I do need to know that I am an OK person even I am not perfect.



FAT PROOFING.....

I'll know you really support me if you keep all high-calorie, low-nutrient snacks out of our house. The fewer times I have to control my "munchie" attacks, the easier it will be to make healthy choices when I do have to decide.

THINK POSITIVELY.....

Please don't tell me that other people in our family are upset about having to give up things too....I'd rather feel proud that you think I am helping the whole family to learn better eating habits.

GET INTO THE ACTION WITH ME.....

I'll have more fun if you play with me. Lets run, jump rope, go biking, swimming, walking, dancing, or skiing, play tennis, or Frisbee, build a snowperson or fort, or have a water or snowball fight! I like to spend time with you.



ACTIVE TOYS.....

You can help me by getting me some fun toys to exercise or be physically active with: hoola hoop, jump rope, tennis racket, basketball, bike, running shoes, skates, or climbing ladder or rope for our tree, or.....



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Nutrition Services

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