

# Parents & Guardians as Role Models

What can you do?

- Eat smart and move more. Your children will learn by watching you make healthy choices.
- Try new foods with your child
- Eat meals as a family
- Eat lunch with your child at school
- Get active with your child (walk, bike, play)
- Provide meals with foods from each food group
- Reward your child with non food items
  - Give them praise!!!
  - Take them to the movies
  - Buy them a book or tape of their choice
- Talk to your child about healthy eating
- Keep healthy snacks in your house
- Limit fast food and restaurant meals
- Limit time in front of the T.V.
  - 2 hours per day maximum
- Eat at the kitchen table and turn the TV off when eating
- Avoid criticizing or name calling
- Try to turn negatives into positives
  - Example: If your child wants to eat a candy bar and soda for a snack
    - Negative response: “You shouldn’t eat that because you are going to get fat”
    - Positive response: “How about a granola bar that has chocolate chips and a flavored water or milk”



## My Goals as a Parent or Guardian:

1. \_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_

3. \_\_\_\_\_  
\_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_