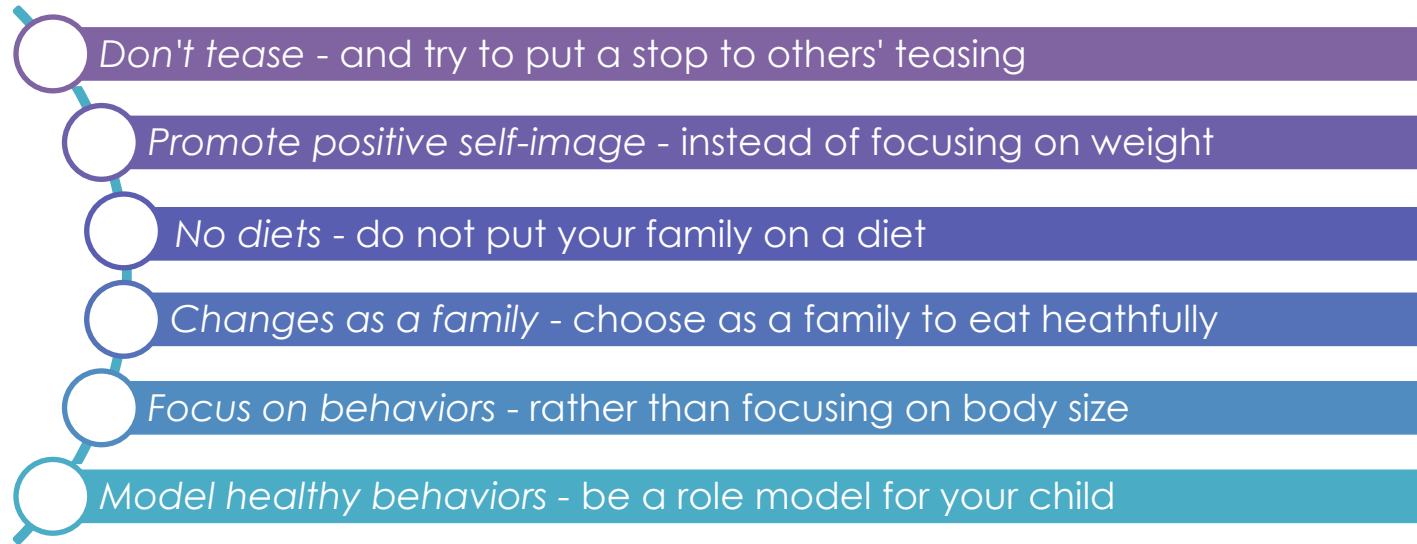


# Support Your Child with Living a Healthy Lifestyle



## How Can You Help?

- Avoid words like fat, weight, skinny, overweight, obese, lazy, etc.
- Negative language can cause children and teens to feel bad about themselves.
- Label foods as “everyday” foods and “sometimes” foods, rather than “junk” or “bad” food.
- Build your child up, use language that focuses on abilities and personality (smart, strong, kind)
- Have all family members eat the same.
- Be a role model in how you eat, move, and talk about yourself.
- Involve your child in cooking, tasting, and shopping for food.
- Give your child choices in healthy foods
- Talk about food and what it can do for your body
- Support physical activity in fun new ways