

HEALTHY HABITS

FOR FAMILIES



parrishchildrenscenter.com • 321-264-0855

Parents: Champions of Change

Parent Tip Sheet #9

Did you know? One third of our nation's children are overweight. Obesity is now considered an epidemic.

What can you do?

- Cook nutritionally balanced meals
- Teach portion control
- Increase physical activity
- Limit screen time
- Lead by example



Eat as a family.

First Lady Michelle Obama makes time to eat a healthy, sit-down dinner with her family. This provides quality family time, while limiting television and other distractions.



Clean out the pantry.

Children love snacks. Throw away unhealthy junk food and replace them with pre-portioned healthy snacks. Make a grab-and-go snack station as seen in Real Simple magazine. (realsimple.com | search: snack station)

GOAL: Give your child a snack lesson. Explain why a particular snack is good for her & will help him grow.

Example: Low fat string cheese



- Contains calcium to help their bones grow big and strong!
- Is low in cholesterol to protect their healthy heart!
- Contains protein to keep them energized through play time!

Exercise as a family.

Go for a family walk after dinner. Improve cardiovascular fitness while strengthening your family's bond and communication skills.

Funded by a grant from

Florida Blue 
Foundation

Florida Blue Foundation is a trade name of the Blue Cross and Blue Shield of Florida Foundation, an Independent Licensee of the Blue Cross and Blue Shield Association

Original content provided by JCC Association

CATCH[®]
COORDINATED APPROACH TO CHILD HEALTH