



## HEALTHY LIFESTYLES CLINIC

January 15, 2016

# Happy New Year!

### Make a Resolution to Stay Positive

When talking with your child about his or her health, research has shown that it is important to avoid phrases and descriptions that make them self-conscious or uncomfortable. One example would be to reduce the usage of weight-related terms. Try to focus instead on behaviors and habits that are changeable, like encouraging them to be in charge of their own healthy eating. That way, they can feel in control of their health, rather than feel controlled by it.



### One Step at a Time

There are many different ways to encourage healthy behaviors, such as:

- **Promoting good eating habits** – more fruits & vegetables
- **Encouraging physical activity** – at least 30 minutes a day
- **Reducing screen time** – no more than 2 hours a day

However, the best way to make sure that change occurs is to **try 1 or 2 small changes at a time**, rather than trying to change too many things at once. Instead of getting frustrated and overwhelmed, your child can build on their previous successes and gain confidence in their ability to have good health behaviors.

