Help Your Child Have a Healthy Weight Bulletin Board

PB-000-07

Bulletin Board and Self-Paced Interactive Lesson Cover Sheet

- You must include all components of the display to have a complete lesson. All components can also be downloaded and printed as low-resolution, 8.5" x 11" modular components at http://www.dshs.state.tx.us/wichd/nut/splessons-nut.shtm.
    - Included in package (Stock no. 13-06-13799)
        - Title (English and Spanish)
        - Heart poster (English and Spanish)
        - 5 key messages (pink, bilingual)
        - 5 photos
        - 2 labels for affixing to pockets
    - Not included in package
        - 2 pockets – one is for holding index cards and the other is for the handout
        - Index cards (for clients to write down one reason they want their child to have a healthy weight)
        - Handout "Top 10 Ways to Grow Happy Kids" – order from WIC catalog (Stock #13-06-13782, Spanish #13-06-13782A) or download and print at http://www.dshs.state.tx.us/wichd/nut/splessons-nut.shtm.
        - Client lesson evaluation questions (download and print at http://www.dshs.state.tx.us/wichd/nut/splessons-nut.shtm.)
- A sample layout is provided at http://www.dshs.state.tx.us/wichd/nut/splessons-nut.shtm.
- You must have participants complete and return the *Help Your Child Have a Healthy Weight* lesson evaluation questions. Please review these questions with participants before issuing class credit.
- To order an additional package of bulletin board display materials, use stock no. 13-06-13799. You cannot order these pieces separately.

Help Your Child Have a Healthy Weight

I help my child have a healthy weight because I want my child to: **Live a long life** ♥ **Live a life without heart disease, cancer, or diabetes** ♥ Be happy ♥ Be confident ♥ Have healthy eating habits ♥ **Have plenty of energy to play** ♥ Feel strong ♥ **Soar with energy** ♥ Do well in school **Live with less stress** ♥ Have a good memory ♥ **Build strong bones** ♥ Sleep better ♥ Breathe easily ♥ **Smile at the mirror** ♥ Experience life to its fullest ♥ **Feel good about himself** Stay youthful ♥ **Have a strong heart** Love herself ♥ **Feel healthy** ♥ Learn how to take care of his body ♥ **Learn that it feels good to play hard** **Learn from me** ♥ Go on adventures ♥ Experience the **best life possible** ♥

Healthy weight children are less likely to have health problems, such as:

- High blood pressure
- High cholesterol
- Type 2 diabetes
- Asthma
- Poor self esteem

Los niños que tienen un peso saludable son menos propensos a tener problemas de salud, como:

- **Presión arterial alta**
- **Colesterol alto**
- **Diabetes tipo 2**
- **Asma**
- **Baja autoestima**

Play actively every day.

- Turn off the television and computer and join your child in fun activities!
- Children need one hour of physical activity each day.

Jueguen activamente todos los días.

- **¡Apague el televisor y la computadora y haga actividades divertidas con su hijo!**
- **Los niños necesitan una hora de actividad física al día.**

Take one and learn how to help your child have a healthy weight!

(Top 10 Ways to Grow Happy Kids handout – Stock #13-06-13782, Spanish #13-06-13782A*)*

Be positive . . . You are a good parent!

- Take small steps, one at a time.
- Find a supportive friend or family member to talk to as you make changes.
- Be a good example.
- Never make a child feel ashamed of his weight.

Sea positivo... ¡usted es un buen padre de familia!

- **Dé pequeños pasos, uno por uno.**
- **Hable con un buen amigo o familiar sobre los cambios que va haciendo.**
- **Ponga un buen ejemplo.**
- **Nunca haga que su hijo se avergüence de su peso.**

Food is often used to show love...

- **... But, this is love directed in the wrong way.**
- **Instead, love in a way that helps.**
- **Help your child to find sources of comfort, pleasure, and fun other than food.**

Con frecuencia la comida se usa para expresar el amor . . .

- . . . Pero el amor no se debe expresar así.
- Más bien ame de una manera que haga bien.
- Ayude a su hijo a encontrar otras fuentes de consuelo, placer y diversión que no sean la comida.

Healthy eating is for the whole family.

- **Small changes to your family's diet and physical activity can have a big effect!**
- **Everyone in the house can make healthy changes.**
- **Focus on health, not weight.**

La alimentación saludable es para la familia entera.

- ¡Pequeños cambios a la dieta y a la activi dad física de su fam- ilia pueden tener un gran efecto!
- Todos en la casa pueden hacer cambios saludables.
- Concéntrese en la salud, no en el peso.

After reviewing the display, write down one reason you want your child to have a healthy weight.

(Index cards)