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)
    - 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 ♥ Bear 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 ♥
- Experience the best life possible ♥

Be positive. You are a good parent!
- Take small steps, one at a time.
- Help your child to make up to 2 small changes.
- Tie new challenges to goals your child cares about.
- Be a good example.
- Help guide your child toward the weight.

Healthy eating is for the whole family.
- Small changes to your family's diet and physical activity can have a big effect.
- Eat fruits and vegetables every day.
- Focus on health, not weight.

Healthy weight children are less likely to have health problems, such as:
- High blood pressure
- High cholesterol
- Type 2 diabetes
- Asthma
- Poor self-esteem

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.

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.

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)*

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

*(Index cards)*

Index cards:
- 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.
- Take one and learn how to help your child have a healthy weight!