

# I can help my child lose weight and manage diabetes by...

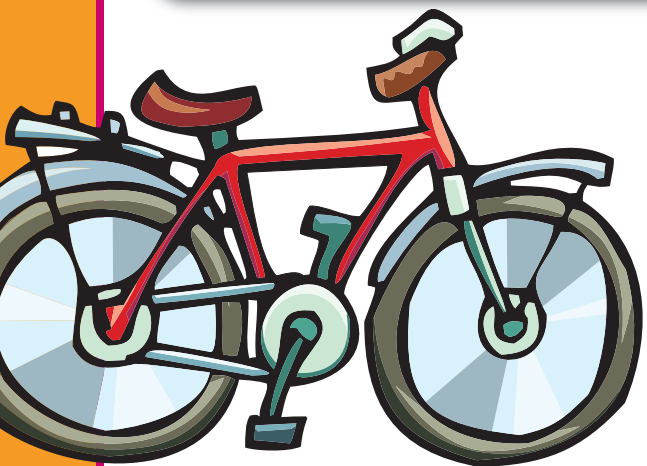
## *Supporting Healthy Eating Behaviors:*

- Planning healthy meals.
- Shopping for healthy foods.
- Serving healthy portion sizes.
- Limiting RED foods in the home.
- Limiting eating to the kitchen or dining room.
- Involving my child in preparing healthy meals.
- Serving fruits, vegetables, and low-fat milk products.
- Limiting my child's access to fast-food restaurants.



## *Supporting Physical Activity:*

- Limiting my child's RED activity, especially watching TV.
- Helping my child make a weekly schedule for physical activity.
- Providing equipment and clothing necessary for physical activity.
- Planning fun activities for the family.
- Doing physical activity with my child and my family.
- Encouraging my child to find friends who are physically active.



## *Supporting Healthy Lifestyle Changes:*

- Holding family meetings.
- Reviewing my child's Lifestyle Log.
- Encouraging healthy behaviors.
- Praising healthy behaviors.
- Doing healthy behaviors myself.
- Explaining the TLP to family and friends.
- Helping my child problem-solve about barriers to success.