

## TLP Eating Plan— Reminders

**Combination Foods: If a Combination Food has any RED food in it, it becomes a RED food.**

**Eating fewer RED foods will help you meet your calorie goals, lose weight, and become healthier.**

**Cutting out two RED foods a day that are high in calories will help you cut out about 500 calories. Look in your Food Reference Guide for ideas.**

**Cutting out 500 calories every day will help you lose about 1 pound a week!**



**You will gradually eat fewer and fewer RED foods until you reach your goal of no more than 3 RED foods a day.**

## Praise and Encouragement

### THINGS TO SAY:

- ▶ “You do a good job of ..... (keeping track in your Lifestyle Log).”
- ▶ “You have improved in ..... (finding out the number of calories in the foods you eat).”
- ▶ “I like it when you ..... (make healthy food choices such as picking fruit instead of cookies).”
- ▶ “Good for you for ..... (riding your bike to school).”
- ▶ “You’ve done a good job of ..... (watching less TV).”
- ▶ “I’m so happy you ..... (are doing such a good job at writing down your foods in your Lifestyle Log).”
- ▶ “Excellent! Great! Way to go!”

### PHYSICAL REWARDS:

- ▶ A pat on the arm or shoulder
- ▶ A hug
- ▶ Head rubbing
- ▶ Squeezing the arm or waist
- ▶ Giving a kiss
- ▶ High five
- ▶ Clap
- ▶ Cheer



### FACIAL EXPRESSIONS:

- ▶ Smile
- ▶ Wink
- ▶ Nod
- ▶ Laugh
- ▶ Show Interest

## Supporting your Child in New Activities

**Don't expect too much from your child at first—  
give your child time to make changes.**

**Don't compete against your child.**

**Praise and encourage your child's ideas and  
creativity—don't criticize them.**

**Describe exactly what your child  
did that you want to praise.**



**Hold back your desire to give too much help.  
Encourage your child's problem-solving skills.**

**Laugh and have fun together!**

## Practicing Positive Parenting

**IDENTIFY A SPECIFIC BEHAVIOR** you would like your child to change. Make sure the behavior is something you can **SEE** or **MEASURE**.

- ▶ Example: I would like my child to pack a lunch for school every day.



**AGREE ON A REWARD** with your child.

- ▶ Examples: Time together, time with friends, special events or shopping for new clothes.

**EXPLAIN** your expectations clearly.

**PAY ATTENTION** to the behavior you want your child to change.

**PRAISE BEHAVIORS** that are approaching the desired behavior.

- ▶ Example: "I'm proud of you for getting up early and making your lunch today."

**DELIVER THE REWARD** once the behavior has occurred in the way that you agreed!