

### 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.

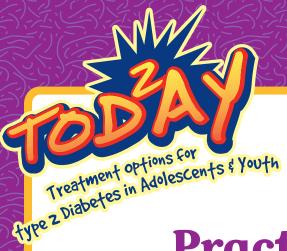
Praise and encourage your child's ideas and creativity—don't criticize them.

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

<u>IDENTIFY A SPECIFIC BEHAVIOR</u> 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."

<u>DELIVER THE REWARD</u> once the behavior has occurred in the way that you agreed!