

Lifestyle Maintenance Tips

PARENTS ASK:

What is the Lifestyle Maintenance Phase? Why is it called “maintenance”?

It’s the 2nd phase of the program. Maintenance means keeping up your progress. You and your child will maintain your progress by doing healthy eating and activity behaviors. Maintaining these healthy lifestyle behaviors will help your child:

- ▶ Keep control of diabetes.
- ▶ Stay at his present weight—if that’s what he decides to do.
- ▶ Continue to lose weight—if that’s what he decides to do.

For you maintenance means continuing to:

- ▶ Help your child lose weight and control diabetes.
- ▶ Do healthy behaviors yourself.
- ▶ Manage your own weight—if you are participating fully.

PARENTS ASK:

What will change?

Most things will stay the same. You and your child will keep doing the healthy behaviors you have been doing. Make sure your child understands this.

Chapters are shorter. They are called “modules.” You’ve already learned a lot about healthy eating and activity behaviors. We won’t have to tell you so much about that. There will be less for you and your child to read.

Each module will have help sheets with activities for you and your child to do. Go over these help sheets with your child at family meetings. This will help your child learn important skills.

You and your child will meet with your PAL in person every two weeks. Your PAL will be there to help. But you and your child will be doing more on your own. You have both learned a lot over the past 6 months. You’ve changed many

habits. You’re both ready for this next step.

You and your child prepared for this change by making a plan with your PAL. Your PAL will want to know how it worked. Were there any surprises? What went well? What would you like to handle in a better way?

Think about these questions over the next two weeks. Talk to your child about them. Make some notes to help you remember what you want to talk about with your PAL.

PARENTS ASK:

What will our goals be during the maintenance phase?

The goals change very little. Your child will continue to do the same healthy lifestyle behaviors. You will support her. This will help her lose weight and manage diabetes. But there will be fewer behaviors to keep track of. Your child



Here’s what you’ll learn about in this module:

- ▶ Changes in the TLP program
- ▶ Why your role is so important now
- ▶ What to do if your child gains weight
- ▶ 4 key goals of the Maintenance Phase



will have 4 key goals during the Lifestyle Maintenance Phase. Your child will:

KEY GOALS

- ⊙ Limit RED foods
- ⊙ Increase GREEN activity
- ⊙ Hold Family Meetings
- ⊙ Keep Track of Weight

Keeping Track of Weight is a *new goal*. But it's not a *new behavior*. Your child has been doing it all along. What's different now is that it's a goal. Now she will earn points for doing it.

What else will be different for my child?

PARENTS ASK:

The biggest change is that your child will learn to be his own coach. Learn to be more responsible. That's the biggest change. And his biggest challenge. Your challenge is to help him learn to do this.

At times your child might use a different Lifestyle Log. You can talk about this with the PAL. If your child uses the new Log, he will *not* have to record all the foods he eats. He will *not* have to record the calories of each food. Keeping track of just RED foods will take less time.

If you are trying to make healthy lifestyle changes yourself, these goals can help you and your child.

It should have the same results. If you eat fewer RED foods, you eat fewer calories.

Something else *may be different*. Your child may have a different weight goal.

- ▶ Your child may decide to lose one pound each week.
- ▶ Your child may decide to lose less weight each week.
- ▶ Your child may decide to stay at his present weight—if he has met his weight-loss goal and is at a healthy weight range. Your PAL will know what this range is.

What else will be different for me?

PARENTS ASK:

Keeping in touch with your child will be more important than before. You and your child won't meet with the PAL every week. Talking on the phone isn't the same as meeting. So your child will need your support more than ever. It's key to her success.

Use family meetings to help your child. Meet *at least* once a week. Meeting more often may be helpful. Check in with your child for a few minutes every day. Ask how things are going. Ask how your child feels. Be ready to help your child deal with barriers.

Your child wants to get off to a good start. Keeping in touch will help her do that.

Maintaining healthy lifestyle behaviors will help your child lose weight and control diabetes.

Why is weighing every week so important for my child?

PARENTS ASK:

It will show how well your child is doing. She should weigh herself at least once a week. This will give you and your child timely feedback.

- ▶ If your child stays at the same weight or continues to lose weight, you can be pretty sure that she is doing many things right.
- ▶ If your child gains a little weight, you'll know that she needs to get back on track. Maybe by cutting RED foods. Maybe by doing more GREEN activity. Maybe doing both.

What should I do if my child gains weight?

PARENTS ASK:

- ▶ Don't panic.

Gaining some weight can easily happen during a change like this. It's not what you want. But it can happen. It's a clue that your child is not

Alicia was in the TODAY Lifestyle Program. Now she was starting the maintenance phase. She was doing well. But she was anxious about not meeting with her PAL face-to-face every week. She was also feeling pressure at school because she had two big tests. Even so, she weighed herself. She knew it was the right thing to do.

That's when she got upset. She discovered she had gained 2 pounds that week!

She talked with her mother about how disappointed she was. Her mother calmed her down. "It's not unusual to gain a little weight. It can happen when you're making a change like this. The important thing is to get back on track right away," she said. "Let's look at your log."

They saw that Alicia had been eating more RED snacks at school than usual. Alicia said that was because she was worried about her tests.

Alicia and her mother made a plan. Next week she would take vegetables and fruits to school for snacks. She would not eat snacks from the vending machines. Alicia felt better. She was sure that she could get things under control soon.

How did Alicia's mother help her?

Could you do something like this to help your child?

doing something as well as he would like.

► Figure it out.

There may have been other times when your child gained weight. What did you do then? You, your child, and your PAL figured out what went wrong. You figured out what you needed to do to get back on track. That's what you need to do now. Use the Lifestyle Log to guide you.

► Start with *eating behaviors*.

How well did your child manage portion sizes, calories, and RED foods? If he isn't doing such a good job with these, this is the place to start.

If your child is using the smaller log, he may need to go back to the regular Lifestyle Log for a

while. He may need to record all the foods he eats and the calories of these foods. This will help him get back on track.

► Look at *physical activity*.

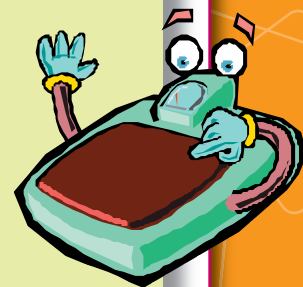
Does your child get enough GREEN activity? If not, what can you do to get him back on track? What about RED activity? Did your child spend too much time in front of the computer or television?

Don't panic if your child gains weight. Just figure out what went wrong. Then make a plan for getting back on track.

Tips for Weighing

Go over these tips with your child:

- Weigh at the same time of day.
- Weigh on the same day (or days) of the week.
- Compare your scale with your PAL's scale. They may be a little different. That's OK. You just need to know what the difference is.
- Graph your weight. This will show you the big picture.
- Pay attention to weight-change patterns over a *few weeks*.



- ▶ Help your child make a plan to get back on track.

Encourage him to follow it. Show your interest. Be sure to have lots of family meetings.

PARENTS ASK

How can we get off to a good start?

- ▶ Keep it simple. Help your child focus on one or two behaviors. Stick with them until she really gets them down. Having a special focus is a great way to learn new habits, to shape up old habits, and to keep up your enthusiasm.

How to help your child maintain progress

Encourage your child to:

- ▶ Weigh each week.
- ▶ Limit RED foods.
- ▶ Get GREEN activity.
- ▶ Get back on track after gaining weight.

What should the focus be right now? That's up to you and your child. We suggest that you include weighing and graphing weight at least once a week. If your child is not gaining weight, she is doing other things well.

- ▶ Keep it simple. Focus on just one or two things at a time. Pick one eating behavior. Pick one physical activity. That will help your child have the most success right away. You can build on that.

How to help yourself

- ▶ Weigh yourself each week.
- ▶ Use your weight to guide you.
- ▶ Limit your RED foods.
- ▶ Get GREEN activity.



Lifestyle Maintenance Tips

Your Child's Weight Goal

Losing weight helps manage diabetes. Knowing your child's weight goals will help you stay focused on helping your child continue to make progress during the maintenance phase.

<input type="text"/>	Your child's weight at the start of the program
<input type="text"/>	Your child's current weight
<input type="text"/>	How much your child's weight has changed
<input type="text"/>	Your child's weight goal
<input type="text"/>	If your child would like to continue losing weight, how much weight would he like to lose each week?

Why is weighing at least once a week so important?



What are the 4 key goals for your child now?

1. _____
2. _____
3. _____
4. _____

Your Child's Special Focus

What should you pay special attention to right now? In the column on the left, check off any behaviors that seem difficult for your child to do right now. In the other column, write down what makes it difficult to do that behavior.

Be as specific as you can. For example, if limiting RED foods is difficult because your child often stops at a fast-food restaurant after school, put that down. Or if your child drinks a lot of soda, put that down. If your child doesn't have the Lifestyle Log up to date, write it down. Your child filled out a chart like this. Compare your thoughts with those of your child.

	Goal	Barrier
<input type="checkbox"/>	Limit RED foods	
<input type="checkbox"/>	Increase GREEN activity	
<input type="checkbox"/>	Hold Family Meetings	
<input type="checkbox"/>	Keep Track of Weight	

Now write down some things you could do to help your child meet the goals that are difficult right now.

- To help limit RED foods, I could _____
- To help increase GREEN activity, I could _____
- To help make better use of family meetings, I could _____
- To be sure my child weighs once a week and graphs the weight, I could _____

Lifestyle Maintenance Tips

Your Weight Goal

- Your weight at the start of the program
- Your current weight
- How much your weight has changed
- Your weight goal
- If you would like to continue losing weight, how much weight would you like to lose each week?

Special Focus

What should you pay special attention to right now? In the column on the left check off any behaviors that seem difficult for you to do right now. In the other column, write down what makes it difficult to do that behavior. Be as specific as you can.

	Goal	Barrier
<input type="checkbox"/>	Limit RED foods	
<input type="checkbox"/>	Increase GREEN activity	
<input type="checkbox"/>	Get Support from others	
<input type="checkbox"/>	Keep Track of Weight	

Now write down some things you could do to meet your goals.

1. To limit RED foods, I could _____
 2. To increase GREEN activity, I could _____
 3. To get support from others, I could _____
 4. To be sure I weigh myself once a week and graph my weight, I could _____
- _____

Your Challenge

Some people get excited by the challenge of trying to lose weight. Others worry about how hard it may be. What about you?

What part of the challenge excites you most? Why?

What part of the challenge worries you most? Why?

Lifestyle Maintenance Tips

What is the Lifestyle Maintenance Phase?

It's the 2nd phase of the program. It means maintaining progress by continuing to do the same healthy eating and activity behaviors. This will help your child:

- ▶ Keep control of diabetes
- ▶ Stay at her present weight—if that's what she decides to do
- ▶ Continue losing weight—if that's what she decides to do



What are my child's goals now?

There are **4 key goals**. Your child will:

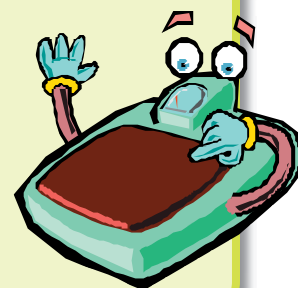
- ⊙ Limit RED foods
- ⊙ Increase GREEN activity
- ⊙ Hold Family Meetings
- ⊙ Keep Track of Weight



Keep weighing and graphing.

Your child should weigh and graph his weight at least once a week.

- ▶ If your child continues to lose weight, you can be pretty sure that he is continuing to do healthy lifestyle behaviors.
- ▶ If your child stays at the same weight without gaining any back, he is continuing to do most things right.
- ▶ If your child gains a little weight, you'll know he needs to get back on track.



SPECIAL FOCUS

How can we get off to a good start?

Make sure your child:

- ▶ Picks one eating behavior to focus on right now.
- ▶ Picks one GREEN activity to focus on right now.
- ▶ Makes a plan to do each behavior.
- ▶ Gets support from you to:
 - ▶ Weigh and graph weight at least once a week.
 - ▶ Meet eating and activity goals.