

Overcoming Barriers

PARENTS ASK:

What's a barrier?

It's a roadblock to success. A barrier can be anything that gets in the way of healthy eating or doing physical activity. Learning how to deal with barriers will help your child lose weight and manage diabetes.

the first time. You can make it work for you and your child.

KEY GOALS

Keep your child focused on the 4 key goals

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

the step where you decide how to use the Activity Reference Guide (ARG), the Food Reference Guide (FRG), Lifestyle Logs, Weight Graphs, Family Meetings, the TLP Reward system, weekly schedules, family and friends.

PARENTS ASK:

What do I need to know about overcoming barriers?

That you can do it. You and your child will always face barriers. Everybody does. But you can solve them.

Barriers change as situations change. You and your child will face new challenges. That's why it is important to reassess your barriers from time to time. You can meet these challenges if you keep three things in mind:

- ▶ Set priorities. Don't expect to deal with all the barriers at once. Start with the ones that give you the best chance for success right now. Then go after the others.
- ▶ Use your problem-solving skills. Use them over and over to deal with barriers.
- ▶ Keep trying. Don't give up when things don't work out

PARENTS ASK:

What should we do when we can't think of a good plan? We know the problem. But that's where we get stuck.

- ▶ Keep *all your resources* in mind when problem-solving.
- ▶ Teach your child to ask questions like these: *What has helped me deal with barriers in the past? What can help now? Who has helped in the past? Who could give me support with this barrier now?*
- ▶ List *all your resources*. This is the first part of *brainstorming solutions*. It's the part that people often forget to do. This is

Learning to deal with barriers will help your child lose weight. It will help your child take care of diabetes.

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

- ▶ Overcoming barriers to success
- ▶ Keeping all your resources in mind when making plans
- ▶ What to do when a plan doesn't seem to work



- ▶ Keep three things in mind when planning to use your resources:
 - ▶ Some resources can help you deal with more than one barrier. For example, the Lifestyle Log can help your child keep track of physical activity as well as RED foods.
 - ▶ A plan can use more than one resource.
 - ▶ A plan can have more than one part to it.

problem-solving skills. Go back to the first step. Teach her to ask questions like these: *Did I correctly identify all the barriers? Were there ones that I didn't expect? Did I get the barriers right, but my plan didn't work as well as I had hoped?*

When you consider barriers, ask questions like these: *What might make it hard to reach this goal? What feelings could make it hard to reach this goal? What habits are getting in the way? Are any special events or holidays coming up? What people are barriers?*

For example, if it is hard for your daughter to avoid RED foods at fast food restaurants with her friends, write it down. If it's hard to meet RED food goals if your daughter doesn't plan meals and snacks in advance, write it down.

Say to your child:
 "You don't have to do everything by yourself. You have many resources that can help you succeed."

What should I do when we've pinned down the barriers that kept a plan from working?

The more specific the barriers your daughter identifies, the more likely she will be able to plan effective ways to deal with them. For example, saying, "I'm eating too many RED foods," is not as specific as saying, "I'm eating too many RED foods at lunch." This is still not as specific as saying, "I'm eating too many RED foods at lunch at school."

If you think that you and your daughter have pinned down all the barriers, brainstorm again. Begin by listing the resources she has. If she can identify all her resources, it will be easier to think of plans that might work.

Next, compare solutions and decide on another plan. Write down how she will use the resources in her plan. Tell her to state it positively. She should say what she will do, not what

PARENTS ASK:

What should I do if a plan doesn't work?

Help your daughter try to figure out what went wrong. Make sure she followed the plan. Sometimes kids try to take shortcuts. Sometimes they forget some of the details.

But maybe she did it right and it really didn't work. Then it's time to start over using

PARENTS ASK:

The 6 steps to problem-solving

Review these steps with your child.

First you set a goal. Then you:

1. **Identify the specific barrier.** Be as clear as you can about what is causing the problem.
2. **Brainstorm solutions.** List your resources. Think of many ways you can use your resources to solve this problem.
3. **Compare solutions.** List the pros and cons of each. Be realistic. Be practical.
4. **Make a plan.** Be as specific as you can. Make sure you can do your plan.
5. **Put the plan to work.** Test your plan by trying it out.
6. **Evaluate how the plan worked.** Did the plan help solve your problem? If not, go back to step 3 and pick another solution to try. Or go back to step 2 and brainstorm again.

List all your resources.
That's the first step in
overcoming barriers.

Tyrone told his dad about a problem. He discovered that he often ate RED foods when he hung out at Sam's house. He knew this wasn't good for him, but he wanted to keep Sam as a friend. He didn't know what to do.

His dad said, "This would be a good time to use your problem-solving skills. I'll help you." Tyrone didn't want to do that. He thought that Sam was the problem. He was afraid that he would have to stop being friends with Sam.

But his dad didn't quit. He began asking questions. Then he said, "Sam isn't the problem. The problem is being around all the RED food at Sam's home. That's the real barrier, not your friendship with Sam," he said. "Pinning down the real barrier is the first step in dealing with it. Sometimes what you think is a barrier really isn't." This made Tyrone feel better.

Together they brainstormed about some solutions:

- ▶ He could just try harder.
- ▶ He could stop hanging around with Sam.
- ▶ He could not go over to Sam's house at all.
- ▶ He could tell Sam that he wants to eat healthy.
- ▶ He could eat some GREEN food first so he would not go over to Sam's home hungry.
- ▶ He could get outside and do something active instead.

Tyrone thought about his choices. Then he made a plan. He would not go over to Sam's home hungry. He tried this for a week and found that he was still eating too many RED foods at Sam's house. Even though he wasn't hungry, he was tempted by the RED foods and ate them anyway.

Tyrone and his dad took another look at the problem. They decided on a different plan. Tyrone explained to Sam that he wanted to eat healthy. He also asked Sam to do something active outside with him instead of hanging around inside.

Sam agreed to the plan. He was happy to try to help Tyrone. When Tyrone and his dad evaluated the plan after another week, they found that the new plan had worked so well that Tyrone had lost 2 pounds! He thanked his dad for helping him. "I'm proud of you," his dad said. "You are really learning how to deal with barriers."

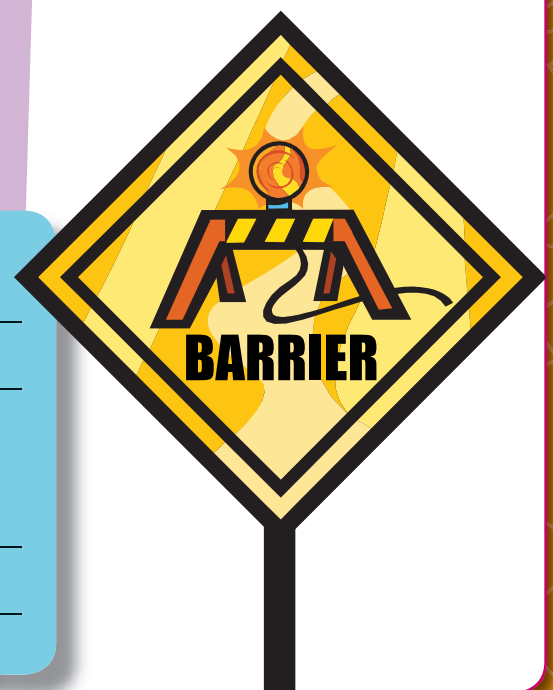
she won't do. Help her be as specific as she can by asking: *What will you do? When will you do it? How will you do it? With whom will you do it?*

For example, if a friend is a resource, her plan could include asking the friend to walk with her after school 3 days a week. They could walk in the park for an hour. Or they could walk on another route she has planned in advance.

Tell your daughter not to get too discouraged if things don't work out right away. If she just keeps after it, she will be able to make a plan that will work. You can help her do it.

What did Tyrone's dad do that was so helpful?

What did Tyrone and his dad do when the first plan didn't work? Why?



What are the biggest barriers my child faces right now? How can I tell what's most important?

That's something that you and your son must figure out together. The first thing to do is to help your child identify his goals. Do this before dealing with barriers.

The **4 key goals** are clear enough. But they aren't enough. Your son needs to break these **4 key goals** into some smaller, more specific goals. Call them "step-by-step goals." Or call them "sub-goals." They may be small, but they're important.

What do you want to help your child accomplish this week? For example:

- ▶ **Limiting RED foods.** Pick one specific RED food goal to work on now. Is your son trying to eat a healthy breakfast before going to school? Or is he focused on limiting RED food snacks?
- ▶ **Increasing GREEN Activity.** Pick one specific GREEN activity to work on now. Is his goal to be physically active every day? Is it to be physically active 5 out of 7 days? Is it to do fitness boosters twice a week?

After you have these sub-goals clear, think about barriers your son will face. Then he can begin using problem-solving skills to deal with each barrier.

Take one barrier at a time. Don't expect your child to deal with all of the barriers at once. What's important now is to pick one or two barriers, make a plan, and to work at it until he has turned things around. Then he can tackle other barriers.

Don't forget about friends. Are there 1 or 2 friends who could help your son meet the goals he is focused on right now?

How to help your child deal with barriers

Teach your child to:

- ▶ Identify barriers to meeting RED food and GREEN activity goals.
- ▶ List all possible resources before making a plan.
- ▶ Re-do any plan that doesn't seem to work.

How to help yourself deal with barriers

- ▶ Pick sub-goals for eating healthy and getting physical activity.
- ▶ Identify the barriers.
- ▶ List all your resources before making a plan.
- ▶ Re-do any plan that doesn't seem to work.



Overcoming Barriers

List Some Resources in Advance

List some resources that can help your child meet small goals. Use your lists when you talk with your child about dealing with barriers.

<i>Resources for Healthy Eating</i>	<i>Resources for Physical Activity</i>
1. Family Meetings	1. Family Meetings
2. Lifestyle Logs	2. Lifestyle Logs
3. Earning rewards	3. Earning rewards
4. Food Reference Guide	4. Activity Reference Guide
5. Planning healthy meals	5. Making an activity schedule
6. GREEN foods I keep at home	6. Pedometer
7. My support	7. My support
8. Support from these friends:	8. Support from these friends:
9.	9.
10.	10.
11.	11.
12.	12.

Chart your child's plan

Your child has a chart to help problem-solving. It's like the chart for you on the other side of the page. Help your child learn to fill it out. This will help your child deal with barriers. Be sure to look at the example. As you work with the charts, keep a few things in mind.

- ▶ The goal should be realistic. That means it should be a small goal, a sub-goal, and it should be clear and doable.
- ▶ There is usually more than one barrier to reaching a small goal. You need to plan for each barrier in advance if your plan has a chance of working.
- ▶ Some resources can help you deal with more than one barrier.
- ▶ A plan can use more than one resource.
- ▶ A plan can have more than one part to it.
- ▶ It often takes several weeks to make a plan that works. That's why it's so important to keep track of how it works and be ready to re-do it.
- ▶ It would be even better if you made a plan for yourself.

Problem-Solve to Overcome Your Barriers

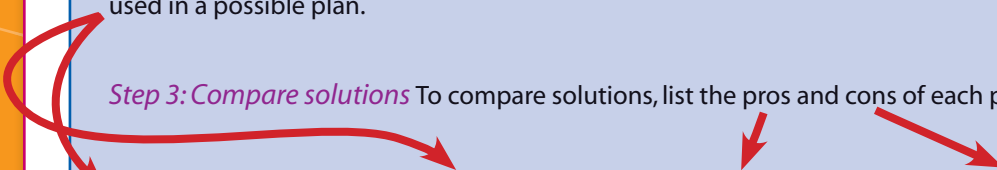
Identify your own goal. Then follow the steps for problem-solving below.

Your Goal: _____

Step 1: Identify the barriers On the line below list your barriers to success. There may be more than one barrier.

Step 2: Brainstorm solutions First, list all of your resources. Then, think about how each resource could be used in a possible plan.

Step 3: Compare solutions To compare solutions, list the pros and cons of each possible plan.



My Resources	Possible Plans	Pros	Cons
1.	1.	1.	1.
2.	2.	2.	2.
3.	3.	3.	3.
4.	4.	4.	4.

Step 4: Make a plan using one or more of your resources.

Step 5: When did you use your plan?

Step 6: How did your plan work?

Overcoming Barriers

Problem-Solve to Overcome Barriers—Example

Tyrone's Goal: Eat fewer RED foods at school lunch

Step 1: Identify the Barriers On the line below, Tyrone listed his all of his barriers to success.

My friends eat RED foods and I like RED foods

Step 2: Brainstorm Solutions He identified his resources and then thought about how each of his resources could be used in a possible plan.

Step 3: Compare Solutions Then he compared each of his solutions by listing the pros and cons of each possible plan

My Resources	Possible Plans	Pros	Cons
1. My friends	1. Ask for support	1. They would like to help	1. We do not always eat together
2. New friends	2. Sit by people who eat healthy and talk to them	2. I could meet new people	2. This might be scary at first
3. GREEN foods at school	3. Check the menu ahead of time	3. There are a lot of fruits and vegetables I like at school	3. The foods I like are not always available at school
4. GREEN foods I could bring	4. Bring GREEN food I like	4. We have lots of GREEN food at home I could eat	4. I would have to remember to bring foods from home

Step 4: Make a plan using one or more of your resources Next, Tyrone made a plan using his resources.

Ask friends for support

Step 5: When did you use your plan? He kept a record of the times and days he stuck to his plan.

All week

Step 6: How did your plan work? Finally, he thought about how his plan worked.

Very well. Friends sat by me and reminded me to eat healthy.

I only ate RED foods once!

Overcoming Barriers

- ▶ A barrier is a roadblock. It can be anything that gets in the way of healthy eating or doing physical activity.
- ▶ Barriers change over time. They change as you and your child change. That's why you need to reassess them often.

What should I do if a plan doesn't work?

1. Don't let your child get too discouraged if things don't work out right away.
2. Try to figure out what went wrong. Were there barriers you did not expect? The more clearly you see a barrier, the more likely you will be able to solve it.
3. Problem-solve and try again.

Keep all your resources in mind.

- ▶ Ask yourself: "What can help my child deal with barriers? Who can help?" If you can identify all your resources, it will be easier to think of plans that might work.
- ▶ Think about the Activity Reference Guide, the Food Reference Guide, Family Meetings, Lifestyle Logs, Weight Graphs, the TLP Reward system, weekly schedules, your PAL, family, and friends. What has helped in the past? Who could support your child right now?

What are the biggest barriers for your child right now?

1. Start with the barriers that offer the best chance for success right now. Then deal with the others.
2. Break the 4 key goals into many smaller, specific goals. What should your child do now? What makes it hard to limit RED foods at night? To increase GREEN activity when he has homework?

Remember the 6 steps in problem-solving?

First set a small goal. Then:

1. Identify the specific barrier.
2. Brainstorm solutions. Think of as many resources and plans as you can.
3. Compare solutions.
4. Make a plan.
5. Put the plan to work.
6. Evaluate how the plan worked. Did your plan help overcome barriers? If not, make another plan that will.

