

Healthy habits for healthy weight.

Give your family a precious gift – good health.

- ★ Play together inside or outside every day.
- ★ Share regular meals and snacks together.
- ★ Make family meals a special time to eat and talk together.
- ★ Enjoy a delicious rainbow of fruits and veggies together.
- ★ Drink milk and water at your meals and snacks.
- ★ Turn off the TV and snuggle up to read together.

Choose one to start the conversation:

- 1 How do you feel about your child's weight and height? Do you feel like she/he is growing OK? Do you have any questions that I might be able to answer today?
- 2 I've always worried about my weight – and I really don't want my child to have that problem. Our whole family is trying to change our habits – so that our kids grow up healthy. Here's what we are doing – and it's really making a difference for us.



Be likeable. Smile and show clients that you like them and understand that they want to be good parents.