

Positive tips for parents

- Limit TV and computer games to 1-2 hours per day.
- Learn about healthier alternatives when eating out.
- Encourage daily exercise; do it together as a family activity.
- Learn the skills necessary to manage behaviour and keeping a healthy weight for the whole family.
- Take responsibility for your behaviour and be a good role model.
- Positive reinforcement: praise every improvement, however small, when a child eats healthily.
- Food preparation is important; educate the 'chef' in your household to make healthy food.
- Build family time around activities, not meals.

How to calculate your child's BMI:

A healthy BMI is between: 18.5 to 25; overweight = 25 to 30; obese = 30+. To calculate your child's BMI, divide his or her weight in kilograms by his or her height in metres squared.

HEALTHY LUNCH BOX SUGGESTIONS:

- Pretzels (much healthier than crisps)
- Sunflower seeds
- Raisins and soy nuts
- Dried fruit
- Vegetable crisps
- Breakfast fruit bars
- Yoghurt tubs

Source: Lunch boxes by Jennifer Joyce (Penguin, 2005)

“When one parent is obese, a child has a 40% possibility of becoming obese. This risk increases to 80% if both parents are overweight.”

Source: National Pathology Group by Health DiRxions

The wheel of time

The 'wheel of time' has five sections, which you can control as you please – but you need to make time for everything:

- 1 Work
- 2 Personal interests
- 3 Spiritual and religious activities
- 4 Relationships
- 5 Chill time

- 1 Positive self talk first thing in the morning.
- 2 Always remember that it is your attitude at the beginning of a task that will determine your success or failure.
- 3 Take a proactive approach to difficult situations in life, knowing that you can choose your own reaction.
- 4 Manage your time effectively – keep a diary and prioritise tasks.
- 5 Control your thoughts in order to control your life. •

