

The Family's Role



Families and caregivers can work together to make a home where it is easy to eat healthy and be physically active. You can help your child learn healthy habits. It doesn't matter if your child is in kindergarten or a senior in high school... it's never too late to improve eating habits and become more physically active!

When it comes to making healthy food choices and being physically active, adults need to be role models and involve children in making healthy living decisions. Here's a simple guide: →

Consider sharing these ideas with those who care for your child such as:

Daycare providers
Grandparents
Camp counselors
Coaches

Adults

- Offer a variety of foods that are healthy and taste good.
- Help children learn to listen to body signals of hunger and fullness.
- Eat together! Try to serve healthy meals and snacks at regular times - routine is important!
- Show respect for yourself, your child and others, regardless of body size or shape.
- Set a good example by being physically active and eating healthy.
- Help children try different individual, team and family physical activities.
- Involve children in grocery shopping and meal planning.
- Talk about healthy meal choices when your kids eat away from home.
- Limit the amount of time children spend watching TV, playing computer games and surfing the Internet.
- Find ways other than food to reward children.
- Find ways other than taking away physical activity to discipline children.

Children

- Listen to body signals of hunger and fullness.
- Choose how much to eat at meals and snacks.
- Choose ways to be physically active.
- Help prepare lunches and snacks.
- Choose foods wisely away from home.



Michigan Department
of Community Health



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Family Independence Agency
Michigan Academy of Family Physicians
Michigan Action For Healthy Kids
Michigan Association of Pediatric Nurse Practitioners
Michigan Association of School Nurses
Michigan Chapter, American Academy of Pediatrics
Michigan Dietetic Association
Michigan Nurses Association
Michigan Osteopathic Association
Michigan State Medical Society
Michigan State University Extension
Michigan State University, Department of Pediatrics and Human Development
Michigan Team Nutrition
United Dairy Industry of Michigan

MDCH Contact Information

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