



Bayside Medical Group, Inc.

www.baysidemed.com

WEIGHT

I Don't Want My Child to Be Fat! The Early Years

Being overweight is so common now! What can we do in the early years to help our kids be at a healthy weight? Nothing is for sure, but here are some tips to get started on the right foot.

Infants

- Breast feed if you can.
- Don't overfeed or underfeed—follow the desires of your baby for eating, rather than imposing what you think he or she should be getting.
- Follow the Bayside Introducing Solid Foods handout.
- Ensure that he or she has the opportunity to get enough sleep.
- Keep your regular appointments with Bayside, so we can keep tabs on weight, making sure it doesn't get out of hand.

Toddlers

- Eat regular meals as a family—at the table, not in front of the TV.
- Keep TV watching in check—no more than 1-2 hours a day, max! The American Academy of Pediatrics (AAP) recommends that kids under 2 years old not watch any TV, and that those older than 2 watch no more than 1 to 2 hours a day of quality programming.
- No TV in the bedroom.
- Ensure that he or she has the opportunity to get enough sleep.
- Few or no sugared drinks.
- Strong limits on fast food.
- No pressure on child to eat.
- Keep your regular appointments with Bayside, so we can keep tabs on weight, making sure it doesn't get out of hand.

And for all kids at all times—take care of yourself! Be well, eat together, and exercise together. If something goes wrong with your health or happiness, take steps to fix it. Feel free to involve us at Bayside—there are lots of things we can help with. Happy and healthy parents have the best chance of raising happy and healthy children.

