



Parents as a Healthy Role Model

Parental attitudes towards healthy lifestyle choices, as well as the nutrition choices that parents make, have a huge influence on children's lifestyle and nutrition habits. Here are some tips to help parents model healthy eating for their children.



- Eat what you want your children to eat. Avoid telling them your food is adult food.
 - Eat where you expect your children to eat. Sit with them at mealtime and enjoy your meals together.
 - Discuss what you are eating – what are you enjoying, what textures are in your food? Ask children if they have eaten what you are eating and encourage them to ask questions about their meals.
 - Eat portions recommended by *Canada's Food Guide* (see page 118 for children's portions). Point out that your meal might be larger, but it contains the same food groups in adult portions.
- Try new foods with your children. If there is a food you avoid, explain why.
 - If possible, grow or prepare food together.
 - Encourage kids to try new foods, but do not force them.
 - Involve your children in meal planning and grocery shopping.

Additional tips for modeling positive physical activity behaviours include:

- Participating actively with your children. Do not passively supervise their active times.
- Create active games with your children. Be creative with equipment and surroundings and encourage them to as well.
- Enjoy the physical activities you are participating in with your children.
- If there is a physical activity you avoid or do not want to participate in, explain why.
- Expose your children to a wide variety of physical activity options. Discuss preferred activities and let children pick an activity for the family.

Adapted from http://kidshealth.org/parent/nutrition_center/, www.healthycanadians.gc.ca/ and decoda.ca/children-families/leap-bc/