

Being a Role Model for School Wellness



HOW CAN PARENTS BE ROLE MODELS?

Negative Ways

- Not eating rounded meals
- Using too many convenience foods
- Living a sedentary lifestyle
- Letting children make all the decisions on what they eat
- Being on an unhealthy diet
- Displaying unhealthy behaviors such as eating poorly, not being active, smoking and drinking alcohol
- Dealing with stress in negative ways (watching TV or eating junk food)
- Putting themselves down and negative talk of their own weight
- Using the TV/computer as a babysitter
- Not eating the food that they are feeding to their children
- Unhealthy beverage choices (soda, coffee – sugar and caffeine laden beverages)
- Offering food as a reward
- Being overly restrictive by allowing no treats and food choices of the child
- Having no set meal times
- Providing no breakfast
- Eating out way too much!
- Eating on the run way too much!



Positive Ways

- ★ Reading labels with children to help them learn how to make healthy choices
- ★ Being involved in school activities and parent organizations
- ★ Have children help plan and prepare meals
- ★ Have family meals on a regular basis in a positive environment
- ★ Making healthy snacks available
- ★ Gardening with children – small or large – to help children understand where their food comes from
- ★ When they are thirsty to encourage children to drink water first
- ★ Educating about the availability of healthy options at fast food restaurants
- ★ Turn off the TV! – limit screen time
- ★ Have regular family time...game nights, activities outdoors, etc.
- ★ Allowing treats in moderation
- ★ Limiting the amount of junk food
- ★ Demonstrating that physical activity can be fun and not labeling it as exercise
- ★ Introducing new healthy foods on a regular basis
- ★ Demonstrate positive ways to deal with stress
- ★ Helping children cope in a positive manner if they are overweight
- ★ Embrace individuality of children
- ★ Having a positive attitude of their own body (self-esteem/body image)
- ★ Make healthy food choices themselves and be physically active

Information from this handout was compiled from discussions during the Team Nutrition, "Being a Role Model for School Wellness" workshop held on November 10th, 2009.