



# Grandparents Corner

March 2017

## Children and Overeating

We all know that overeating as adults can lead to obesity; this applies as well for children that overeat. Learning to prevent overeating helps your child maintain a healthy weight.

Overweight and obese children face serious health conditions such as high blood pressure, Type 2 Diabetes, and heart disease. Eating too much and not getting enough exercise leads to the extra weight gain.

Kids and teens overeat for several reasons:

- **Frequent Snacking** - Kids snack sometimes because they are bored, depressed, anxious or stressed. Sometimes, it gives them something to do while watching TV. Try to limit snacks to two times a day. Buy fewer high-fat and high-sugar snacks, and offer healthy snack choices such as fruits or vegetables. Limit screen time (watching TV or playing video games) and encourage physical activity to relieve boredom or stress. Talk with your child about whatever is bothering them and help find healthy ways to deal with emotions.
- **Skipping Meals** - Skipping a meal, especially breakfast, could lead to children being more hungry, tired, and more likely to snack on less healthy foods later in the day. Encourage your child to eat three balanced meals a day by serving a variety of nutritious foods and drinks. Limit sugary drinks and soda. Fixing meals at the same time every day may prevent less snacking before meals.
- **Larger Portion Sizes** - In restaurants and in our homes, portion sizes have increased. By serving larger portion sizes, you may be encouraging your child to eat more than they need. Start with smaller portions and let your child ask for more food if they are still hungry.
- **Eating Out** - Busy families often eat out, especially on weekends. Kids and adults tend to eat more at fast-food restaurants with their “super-sized” portions of fries and at all-you-can-eat buffets. Encourage children to continue with healthy eating habits and portion control when eating out.

Healthy eating and regular physical activity habits are key to maintaining a healthy weight. Help your child on their path toward wellness and better health by preventing overeating.

Source: United Healthcare - [www.unitedhealthcare.com](http://www.unitedhealthcare.com)

## QUICK QUIZ

*To help diffuse a situation so that it doesn't become a problem, it is important to learn how to communicate with someone who is angry. Read the issue and answer True or False to the questions below.*

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1. Standing over a person while talking to them can make you appear confrontational.    T    F
2. As much as 90% of our communication is non-verbal.    T    F
3. It is not important to allow extra time for an older person to do simple tasks.    T    F
4. Sometimes simply listening to how someone feels is enough to diffuse their anger.    T    F
5. Having the TV and radio on loud will calm an agitated person.    T    F
6. When the person in your care is uncooperative, first make sure they understand what you are asking them to do.    T    F
7. If the person in your care becomes agitated often, it is helpful to keep notes on times of day, frequency, or type of behavior to try to determine what causes it.    T    F
8. Use humor by making light of the situation or the person.    T    F
9. Difficult behavior may be related to problems with digesting food, sleeping, or simply wanting privacy.    T    F
10. Too many activities at once can provoke a reaction because the person feels overwhelmed.    T    F

**KEY:** 1. T 2. T 3. F 4. T 5. F 6. T 7. T 8. F 9. T 10. T