

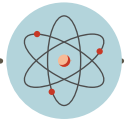
SHOULD I WORRY ABOUT MY CHILD'S WEIGHT GAIN?

KNOW YOUR CHILD'S RISK FACTORS



Food as a coping strategy

- Bullying
- Learning difficulties
- Life stress or trauma
- Poor impulse control
- Easily frustrated



Genetic obesity predisposition

- Genetic + external environmental factors can affect your child's tendency to gain weight



Family interactions

- Food used as reward
- Family food restrictions
- Excess screen time



6 KEYS TO REDUCING THEIR RISKS



- 1 Eat family dinner together**
- 2 Build strong family relationships**
- 3 Treat health as everyone's priority**
- 4 Keep screens out of bedroom**
- 5 Encourage sports participation**
- 6 Encourage after school activities**

IDENTIFYING BODY IMAGE & WEIGHT ISSUES

LISTEN & LOOK FOR:



Clinical Indicators

- Height/weight not in sync with CDC/AAP charts
- Elevated blood sugar, lipids, or blood pressure
- Significant visible weight changes up or down



Food Behaviors

- Sneaking or hiding food
- Binge eating
- Eating lots of highly processed foods
- Drinking lots of sugary drinks



Appearance Concerns

- Excessive concern about others' bodies, weight, or appearance
- Suddenly chooses baggy clothing



Social & School Behaviors

- Isolates in bedroom or behind a screen
- Dysfunctional food, activity or social behaviors
- Negative self-talk



DON'T WORRY ABOUT WEIGHT...



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- 1 If your child's weight gain is in line with height increase**
- 2 Just because they decide to eat only vegan or vegetarian meals**
- 3 If they're happy, clinically healthy and thriving**