Behavior Guidelines

- **Eat slowly.**
  - It takes 20 minutes for your stomach to tell your brain that it is full. Eating too fast usually will lead you to eat too much.
  - Make meal times a family event without TV. This will prompt discussion and likely slow eating.
  - Put your fork down between bites.
  - Try to serve plates in the kitchen and avoid self-serve.

- **Keep a food journal.**
  - Every time you eat, snack, or drink write it down in your journal.
  - After a week, review your journal to identify events that lead to overeating.
  - Make efforts to change eating habits after reviewing your journal.

- **Exercise.**
  - Consider keeping an exercise log to keep track of daily exercise.
  - Try to be active for 1 hour every day.

- **Set realistic goals.**
  - If weight loss is recommended by your doctor, set small weekly goals (1/2 to 2 lbs). Ask friends and family to help support you.

- **Stay positive.**
  - Praise yourself or your child for even the smallest positive change in eating and/or exercise habits.
  - Make it a two-way street. Have your children “reward” you for positive changes that you make.
  - Never shame your child about eating, activity, or weight.
  - Help your child replace negative thinking (“I can’t”) with positive thinking (“I can do this”).

Source: