



# EAT SMART, MOVE MORE!

Could my child be overweight?



The **Irish Nutrition & Dietetic Institute** (INDI) is the professional organisation for Clinical Nutritionists/Dietitians in Ireland. Founded in 1968, the Institute has grown steadily and now represents Clinical Nutritionists/Dietitians throughout Ireland as well as having members world-wide. The Institute's mission is to encourage, foster and maintain the highest possible standards in the science and practice of human nutrition and dietetics, to positively influence the nutritional status and health of the individual and the population in general.



**Irish Nutrition and Dietetic Institute**

For more information and to contact your local Dietitian, visit [www.indi.ie](http://www.indi.ie)

The **Irish Society of Chartered Physiotherapists** (ISCP) is the designated authority for the profession of Physiotherapy in Ireland, representing over 3,000 members. The Society was founded in 1983 and is the sole body in Ireland recognised by the World Confederation for Physical Therapy (WCPT).



Chartered Physiotherapists work in hospitals, the community and in private practices and clinics, both as individual practitioners and as an integral part of the medical team. They conform to the highest international standards of practice and continuing education.

For more information and to contact your local Chartered Physiotherapist, visit [www.iscp.ie](http://www.iscp.ie)

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## Q&A

### Answer the following statements about your child's lifestyle:

My child always eats breakfast. Yes/No

My child is involved in some kind of exercise  
i.e. swimming, gymnastics, dance class, football, rugby, tennis,  
hill-walking at least twice a week. Yes/No

Our family eats all our meals at the kitchen table and  
the TV is turned off. Yes/No

My child spends less than 2 hours a day watching TV or  
playing computer games. Yes/No

I never tell my child to clear his/her plate. Yes/No

My child walks or cycles to school as often as possible. Yes/No

I exercise more than 3 times a week. Yes/No

My child eats foods like sweets, crisps, chocolate or sugary  
drinks twice a week or less often. Yes/No

*If you answered 'No' to any of these statements, then you should read on to see how you can improve your family's lifestyle and health for the future.*



## INTRODUCTION

**Our children's lifestyles have changed in recent times; children are now less active and are eating more unhealthy foods.**

**As a result children are gaining more weight than they should.**

**Being active and eating well will help to prevent your child from developing:**

- Heart disease
- High cholesterol
- Some cancers
- Type 2 Diabetes
- High blood pressure

**Being overweight can cause problems for your child at school because:**

- It might be harder for him/her to play sports or do P.E.
- He/she might feel self-conscious about how he/she looks.
- He/she might be more likely to be bullied.

**“Why should I be worried about my child's weight?”**

**FACT: 1 in 4 seven year old children in Ireland are either overweight or obese.**

This booklet has been developed by Dietitians and Chartered Physiotherapists for parents and health professionals who are concerned about their child's weight and lifestyle. It will answer questions that parents often ask themselves and give lots of tips to make your child healthier now and for the future.

The message is:

**EAT SMART, MOVE MORE!**

The **'EAT SMART'** section will give you ideas for healthy food changes you can make as a family.

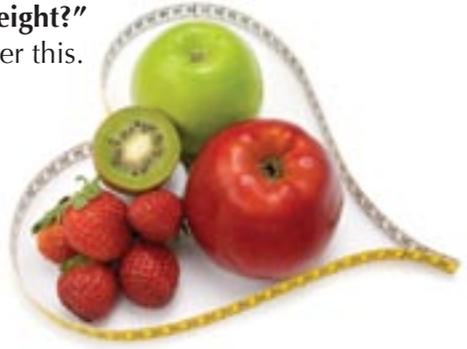
The **'MOVE MORE'** section will show you the many benefits of exercise and how you can encourage your family to be more active.

**Q.** "How do I know if my child is overweight?"

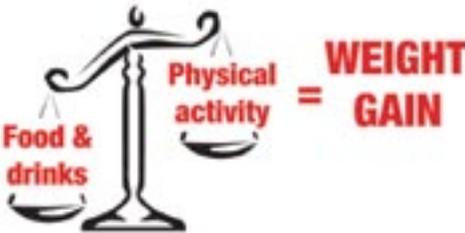
Your GP or Dietitian will help you to answer this.

They will consider things like;

- ✓ Age
- ✓ Weight
- ✓ Height
- ✓ Waist circumference
- ✓ Foods they eat
- ✓ Activity / Exercise



**Q.** "How did my child become overweight? Is it not just puppy fat?"



Staying a healthy weight is all about balance. If your child eats more food than his/her body uses through activity, he/she will gain weight.

**Q.** "What can I do to make my child healthier?"

### **TOP TIP: LEAD BY EXAMPLE**

You are your child's most important role model. If you exercise regularly and eat healthy foods, they will too. Try not to make your child feel different if they are overweight. Instead, get all the family involved in making gradual changes to eating and activity habits. Remember, being overweight and obese does not happen overnight and will not be repaired overnight. It is important that children develop good eating and exercise habits when they are young that they will then carry into adulthood.

# **EAT SMART SECTION**

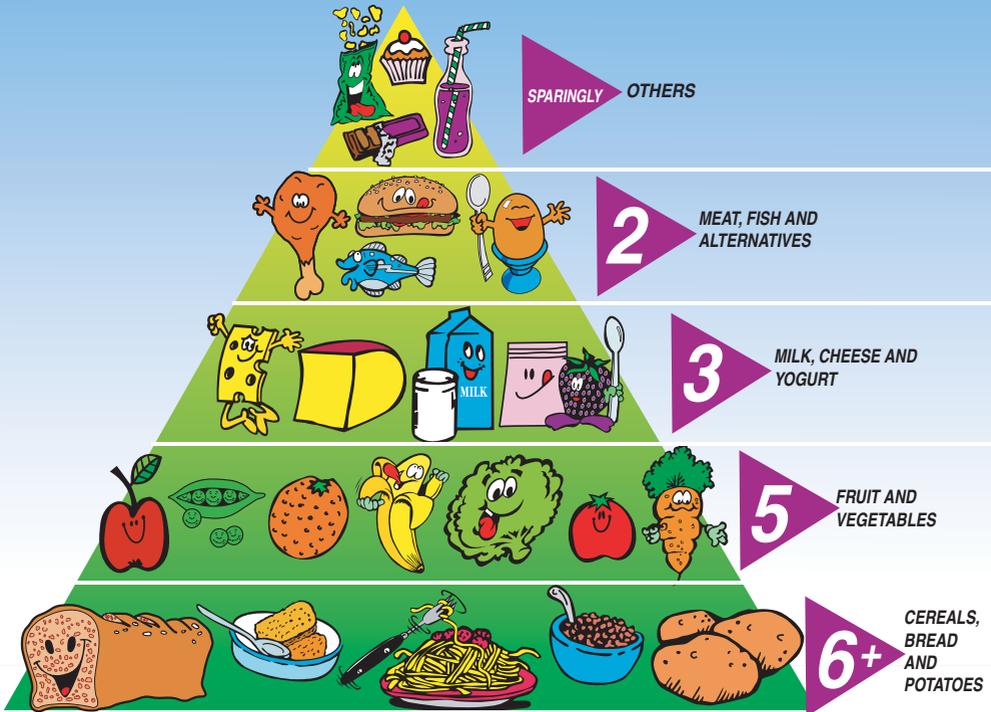
**A guide to healthy eating for your child**

**Q.** “I’ve heard of the food pyramid, but what does it actually mean?”

**FACT:** The food pyramid is your guide to choosing the right foods for your child and the whole family.

‘Healthy eating’ means eating different foods in the right amounts. The food pyramid groups foods based on what they do for our bodies.

# THE FOOD PYRAMID



**1.** The top shelf is the **high-fat-high-sugar shelf**. These foods are a concentrated source of calories and they can lead to weight gain. They should only be eaten in very small amounts and not every day. Examples are sweets, chocolate, butter, oils, biscuits, crisps and chips.

**2.** The **meat, fish and alternative shelf** provides your child with protein and iron which is important for growth. Your child needs 2 servings (*one large and one small*) from this group every day.

Large Serving	Small Serving
<ul style="list-style-type: none"><li>• A piece of meat or fish the size of the palm of your child's hand</li><li>• A 2-egg omelette</li><li>• 2 fish fingers</li><li>• A small tin of fish</li></ul>	<ul style="list-style-type: none"><li>• A lean slice of cold meat</li><li>• An egg</li><li>• A matchbox-sized piece of cheese</li><li>• 2-3 dessert spoons of baked beans</li><li>• A small handful of nuts*</li></ul>

\* Children under 5 years should not be given whole nuts due to the risk of choking.

**3.** The **milk and milk products shelf** provides your child with calcium, protein and vitamins. Your child needs 3 servings from this group every day. Teenagers need 5 servings. Low fat and fortified foods are best.

One serving is:	
<ul style="list-style-type: none"><li>• A glass of low fat milk</li><li>• 1 low fat yoghurt</li></ul>	<ul style="list-style-type: none"><li>• A matchbox-sized piece of cheese</li></ul> <p>Choose low fat varieties</p>

Fortified means added vitamins and minerals

**4.** The **fruit and vegetable shelf** provides your child with important vitamins and minerals. Always make sure your child has at least 5 servings every day.

One serving is:	
<ul style="list-style-type: none"><li>• A piece of fruit or handful of grapes</li><li>• A small glass of fruit juice (<i>once per day</i>)</li><li>• 2 dessert spoons of vegetables or salad</li></ul>	<ul style="list-style-type: none"><li>• A bowl of vegetable soup</li><li>• A dessert spoon of dried fruit</li><li>• 3 dessert spoons of cooked or canned fruit (<i>in juice or water, not syrup</i>)</li></ul>

**5.** The **bottom shelf** gives your child energy. Always make sure your child has 6 servings of these foods every day.

One serving is:	
<ul style="list-style-type: none"><li>• 3 dessert spoons of breakfast cereal/oats</li><li>• 1 slice of bread/1 small bread roll/1 mini pita/half bagel</li><li>• 1 medium potato or 2 baby potatoes</li></ul>	<ul style="list-style-type: none"><li>• 2 crackers/crisp breads/oat cakes</li><li>• 1 small fruit/brown/plain scone</li><li>• 3 dessert spoons of cooked pasta/rice/noodles</li></ul>

**Exercise 1:** Fill in everything your child ate yesterday. Try to include serving sizes where possible. E.g. 2 slices of bread, 1 medium sized apple, 1 large yoghurt serving.



*Work with your child to change one thing. After a few weeks move on to the next change!*

Now compare what you have filled in with the food pyramid on page 8. What changes could you help your child with?

- 1. .... 2. ....
- 3. .... 4. ....



**Q.** “My children will not eat breakfast. What can I do?”

**TOP TIP: CHILDREN WHO MISS BREAKFAST ARE MORE LIKELY TO SNACK ON UNHEALTHY FOODS.**

Breakfast is the most important meal of the day. It helps children to concentrate at school.

Our meal planner on pages 16 and 17 is full of healthy ideas to help kick-start your child’s day the right way.

**Q.** “My child is bored of sandwiches at school and wants treats instead. I need more options to give him.”

**FACT: Most schools have a healthy eating policy which means your child cannot bring treats to school.**

A packed lunch is a great way to ensure your child eats a healthy meal. Keep it interesting by using our meal planner on pages 16 and 17.

**Q.** “My child is starving when she comes home from school. Is it alright to give her a snack?”

**FACT: Many foods advertised as snacks have as many calories as a main meal.**

Snacks are important. Give your child two snacks per day and give them about two hours before meals. The important thing is to keep snacks small and healthy. Check out our meal planner on pages 16 and 17 for lots of healthy snack ideas.

**Q.** “I have tried to make my child’s meals more healthy but she refuses to eat vegetables. What can I do?”

**FACT: Children need to taste a new food 14-15 times before they will know if they really like it. Be persistent!**

This is a common problem. The last thing you want is a battle ground at meal times. When planning meals or agreeing changes with your child, you could try using a goal chart.

Goal setting is a good way to keep track of progress. Stick our pull-out goal chart on page 18 on the fridge and start making healthy changes to your child’s eating habits and activity levels.



Agree a goal with your child and a reward if the goal is achieved. The reward should not involve food. Here are some examples you could use:

Daily Goals	Weekly Rewards
Eat vegetables every day	Trip to the zoo
Try one new piece of fruit	Trip to the playground
Walk for 20 minutes every day	New colouring pencils or paint set
Try a new after-school activity	Go for a swim
Eat all meals at the kitchen table	Get a new book at the library
Watch only one hour of TV each day	Go to the park



**Q.** “My kids only want foods like pizza, chips and burgers. How can I get them to try more healthy foods?”

**TOP TIP: CHILDREN ARE MORE LIKELY TO EAT, OR AT LEAST TRY, FOODS THAT THEY HAVE HELPED TO PREPARE.**

Get your child involved in meal planning and preparation. This will help them to understand about food and encourage them to try new foods. It is also a great way of spending time together, while giving your child a skill that will help them in the future.

**Children over 2 years old can:**

- Help gather ingredients
- Help set the table
- Identify vegetables
- Wash vegetables

**Children over 4 years old can:**

- Grate cheese
- Crack eggs
- Mix ingredients for baking
- Make beans on toast

**Q.** “My child does not eat junk food. I always cook a healthy dinner but he continues to put on weight. What should I do?”

**TOP TIP: PORTION CONTROL IS WEIGHT CONTROL.**

Even too much of the right foods will cause weight gain. If you give your child adult portions they will expect adult portions. This will cause them to eat more food than they need and hence put on weight. It is that simple.

**Q.** "I've tried reading food labels but I get confused. What should I be looking for?"

**TOP TIP:** TO UNDERSTAND WHAT YOU AND YOUR FAMILY ARE EATING, YOU NEED TO BE ABLE TO MAKE SENSE OF FOOD LABELS.

**FACT:** Food labels will have **Guideline Daily Amounts (GDA)**. They show "per serving" and "per 100g" values. Healthy foods are low in fat, low in sugar and high in fibre.

Nutrition		
Typical Composition	A 50g (1 <sup>3</sup> / <sub>4</sub> oz) serving provides	100g (3 <sup>1</sup> / <sub>2</sub> oz) provide
Energy	757kJ 179kcal	1514kJ 358kcal
Protein	5.5g	11.0g
Carbohydrate	30.2g	60.4g
of which sugars	0.8g	1.5g
Fat	4.1g	8.1g
of which saturates	0.8g	1.6g
mono-unsaturates	1.9g	3.8g
polyunsaturates	1.4g	2.7g
Fibre	4.3g	8.5g

"PER PORTION" MEANS WHAT SIZE A PORTION IS & WHAT'S IN THAT PORTION

This is the amount of calories.

**Fat**  
Low Fat = less than 5g fat per 100g

**Low Sugar** = less than 5g sugar per 100g  
**Sugar Free** = No added or no naturally occurring sugar  
**No added sugar** = No extra sugar added.

**Fibre** - Helps to feel full for longer, and prevents constipation.

"PER 100G" MEANS YOU CAN COMPARE PRODUCTS. CHOOSE LOWER FAT & LOWER SUGAR OPTIONS

**Which one is the best choice?**

<b>Fried homemade chips</b> 7g fat 190g calories(kcal)	<b>Low fat oven chips</b> 5g fat 167calories (kcal)	<b>Boiled potato</b> 0.1g fat 72calories (kcal)
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**FACT: Children who frequently snack on high-fat high calorie foods are at increased risk of becoming overweight or obese.**

## Let's find some healthier alternatives at the **Food Exchange**

<b>Food Groups</b>		<b>Healthy Option</b>
<b>Fats and Oils</b>	Butter Mayonnaise Salad dressing Vegetable oil	Use half the amount of a mono/poly-unsaturated spread or low fat spread Low fat mayonnaise or relish or chutney Reduced fat dressing Small amount of olive/canola/rapeseed/soybean oil
<b>Meats</b>	Beef/lamb/bacon/pork Chicken/turkey Tuna Sausages	Choose cuts with little visible fat and trim any remaining fat Remove all skin In brine 80% meat/reduced fat/vegetarian
<b>Dairy</b>	Milk Yoghurts Cheese Ice-cream Cream	Fortified with added vitamins or skimmed Plain/fruit low fat yoghurt Reduced fat cheeses or small amounts of lower fat cheeses e.g edam, mozzarella, brie, Low fat frozen yoghurt/ice-cream/ ice-pops Low fat natural yoghurt
<b>Snacks</b>	Crisps Chocolate Biscuits Hot chocolate Chips	Corn based crisps e.g. flavoured rice cakes, popcorn Treat-sized chocolate bar Low fat/plain biscuits Low calorie hot chocolate Oven chips
<b>Drinks</b>	Fruit juice Fizzy drinks Cordials	No more than 200ml per day Sugar free or diet versions Sugar free or "no added sugar" cordials

### How can a Dietitian help?

- A Dietitian's role is to ensure your child is eating well and growing at the right pace for their age and height.
  - A Dietitian can also educate you and your child about healthy eating and making some changes for a healthier future.
  - They have lots of ideas on how to improve the food your child eats.
- To find a Dietitian go to [www.indi.ie](http://www.indi.ie) or speak to your GP or Paediatrician about a referral.

# Meal Planner

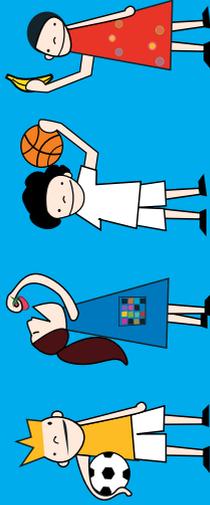
Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>BREAKFAST</b>	1-2 Weetabix with low fat fortified milk. Add some fruit like berries/banana/raisins for variety	A bowl of Shreddies with low fat fortified milk. Add some fruit like berries/banana/raisins for variety	A bowl of Ready Brek with a teaspoon of nutmeg or cinnamon	A bowl of Bran Flakes with low fat fortified milk. Add banana for variety	A bowl of porridge needn't be boring. Add honey or yoghurt	Slice of wholemeal toast with baked beans or scrambled egg	Omelette with lots of fresh/frozen vegetables
<b>ON THE RUN</b>	Banana or handful of raisins with a slice of toast and a low fat yoghurt drink	Banana, cereal bar, and a glass of low fat fortified milk	Breakfast milkshake - 200ml low fat fortified milk or a low fat yoghurt blended with fruit	Apple, a handful of dry cereal and a low fat yoghurt drink	Slice of wholemeal toast thinly spread with jam or low fat spread (Look for spreads that say mono/polyunsaturated)		
<b>SNACK (LITTLE BREAK)</b>	Low fat yoghurt	Orange segments	Banana	Small box of raisins	Carrot sticks		
<b>LUNCH</b>	2 slices of wholemeal bread with a low fat cheese slice and tomato	Pita bread with cooked ham, low fat mayonnaise, lettuce and cucumber	Tortilla wrap with a slice of chicken, relish and lettuce and a sliced apple	Cooked pasta with tuna, sweetcorn, spring onion and tomato ketchup	Brown roll with mashed hard boiled egg, lettuce, peppers and tomato	1 wholemeal bap with a lean grilled rasher, tomato and avocado	Cooked rice, lettuce, tomato, low fat cheese or tuna
<b>SNACK</b>	Fresh fruit	1 thin slice of fruit brack/banana bread	2 rice cakes	Packet of plain popcorn	Sugar free jelly	Small bowl of homemade soup	Low fat yoghurt
<b>DINNER</b>	Shepherd's pie with sweetcorn and green beans	Lamb curry with vegetables and boiled rice	Spaghetti bolognaise	Grilled beef burger with a brown bun and salad	Roast breast of chicken (remove the skin), carrot, parsnip and broccoli with a jacket potato	Stir fried pork with peppers, mushrooms, onions and egg noodles	Chicken casserole with vegetables and boiled potato

So, by reading this far you should have more ideas about how you and your family can Eat Smart for a healthy life. Keep reading to see how your family can Move **More**.

# My Goal Chart

Encourage your child to set food and exercise goals each week.

Place a star in the food or exercise boxes for each day the goal is achieved.



My Food goal this week is:

My Exercise goal this week is:

If I get \_\_\_ stars this week I can:  
i.e. go to zoo, go to cinema, go swimming, get DVD etc (Non food treats!)



## My Star Chart

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Food							
Activity							

if your child likes using this daily goal chart, you can download more from [www.iscp.ie](http://www.iscp.ie) or [www.indi.ie](http://www.indi.ie) to continue setting goals each week.

# **MOVE MORE SECTION**

**– encouraging your child to be active**



## Q. “Why does my child need to exercise?”

### Exercise is essential to prevent obesity and to develop:

- a healthy heart
- muscle strength
- adequate bone density and therefore a reduced risk of osteoporosis
- co-ordination skills

Exercise is also essential to develop social skills and confidence, and to help reduce feelings of worry and sadness.

**TOP TIP: EXERCISE DOES NOT HAVE TO MEAN SPORT, AND IT IS FREE! ACTIVITIES SUCH AS DANCING TO MUSIC CAN BE AS ENERGETIC AS ANY SPORT - ENCOURAGE YOUR CHILD TO MAKE UP HIS/HER OWN DANCE MOVES!**

## Q. “Why is it so important for my child to play?”

- Play is important for children for their physical, intellectual, social and emotional development
- Through play, children improve their balance, co-ordination, muscle strength, bone density and fitness
- They learn how to follow rules and to take turns and share; they also make friends. If a child lacks the ability to play, this can lead to isolation, low confidence, lack of friends and unhappiness
- And of course, play IS exercise



**TOP TIP: CHILDREN DEVELOP DIFFERENT PLAY SKILLS AT DIFFERENT AGES. WHEN ENCOURAGING YOUR CHILD TO BE ACTIVE, USE THE FOLLOWING GUIDE TO DETERMINE WHAT ACTIVITIES ARE APPROPRIATE FOR THEIR AGE:**

**Most 2 year old children can:**

- Walk
- Run slowly
- Kick a football by walking into it
- Throw a football overhead and forwards



**Most 3 year old children can:**

- Pedal a tricycle
- Kick a stationary football
- Catch a football from a direct/overhead throw and chase after it
- Jump with 2 feet together from bottom step of stairs



**Most 4 year old children can:**

- Cycle a tricycle and steer it
- Kick a moving football
- Use a racquet to hit a ball
- Stand on one leg for 5 seconds
- Hop a few times on their preferred foot
- Jump forwards and backwards



### Most 5 year old children can:

- Cycle a bicycle
- Play a variety of ball games with rules
- Stop a moving football with his/her foot
- Skip without using a rope
- Stand on one leg for 10 seconds
- Hop on either foot

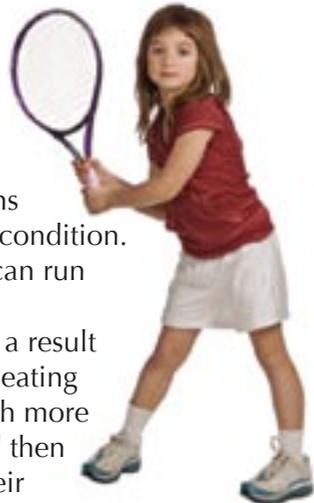


### Most 6 year old children can:

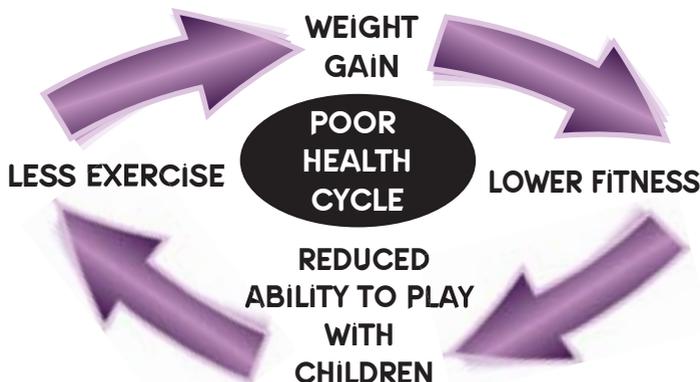
- Bounce and catch a tennis ball
- Skip with a rope

### Q. “Do the words ‘fit’ and ‘healthy’ mean the same thing?”

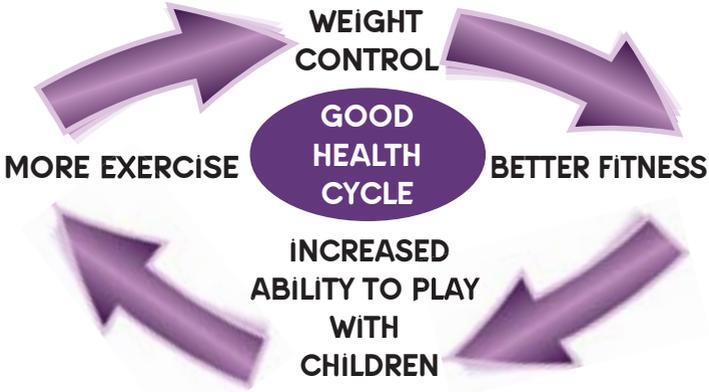
- For your child, YES! Being fit simply means being in good health or in good physical condition. It does not have to mean that your child can run faster or longer than anyone else
- Children who are overweight or obese as a result of reduced exercise levels and unhealthy eating can be unfit. They tend to get out of breath more quickly than other children their age, and then find it difficult to exercise or play with their friends, which can result in further weight gain



This is how a cycle of increasing weight and poorer health can develop:



**But by increasing the amount your child plays and exercises, and by balancing this with healthy eating, he/she can change this vicious circle:**



**Q:** How much exercise should my child do?

**TOP TIP: IT IS CURRENTLY RECOMMENDED THAT ALL CHILDREN NEED 60 MINUTES OF MODERATE INTENSITY EXERCISE EVERY DAY.**

‘Moderate intensity exercise’ is described as any activity that raises heart rate and makes a person reasonably out of breath.

**Three things must always be considered when choosing exercise – duration, intensity and frequency:**

	Definition	Answer
<b>Duration</b>	For how long?	At least 60 minutes – can be 3 sessions of 20 mins or 2 sessions of 30 mins
<b>Intensity</b>	How hard/ physical/ intense?	Moderate – Raised heart rate and a little out of breath
<b>Frequency</b>	How often?	Every day

## We must also remember that exercise should always be:

- **Enjoyable** – allow your child to explore different activities so that he/she can find out what he/she likes and dislikes. Ask him/her to make a list of the activities he/she would like to try, and see which ones are possible.
- **Varied** – ensure your child has lots of different activities to choose from so that it is not a chore for them.
- **In company** - children always enjoy having family or friends around them when exercising. It helps to keep them interested and they do not notice the time passing either!

### REMEMBER:

**ENJOYMENT + VARIETY + COMPANY = GREAT EXERCISE!**

Here are some fun ways to exercise:



### INDOORS

Skipping  
Hopping  
Swimming  
Dancing  
indoor ball sports  
Gymnastics  
Martial arts

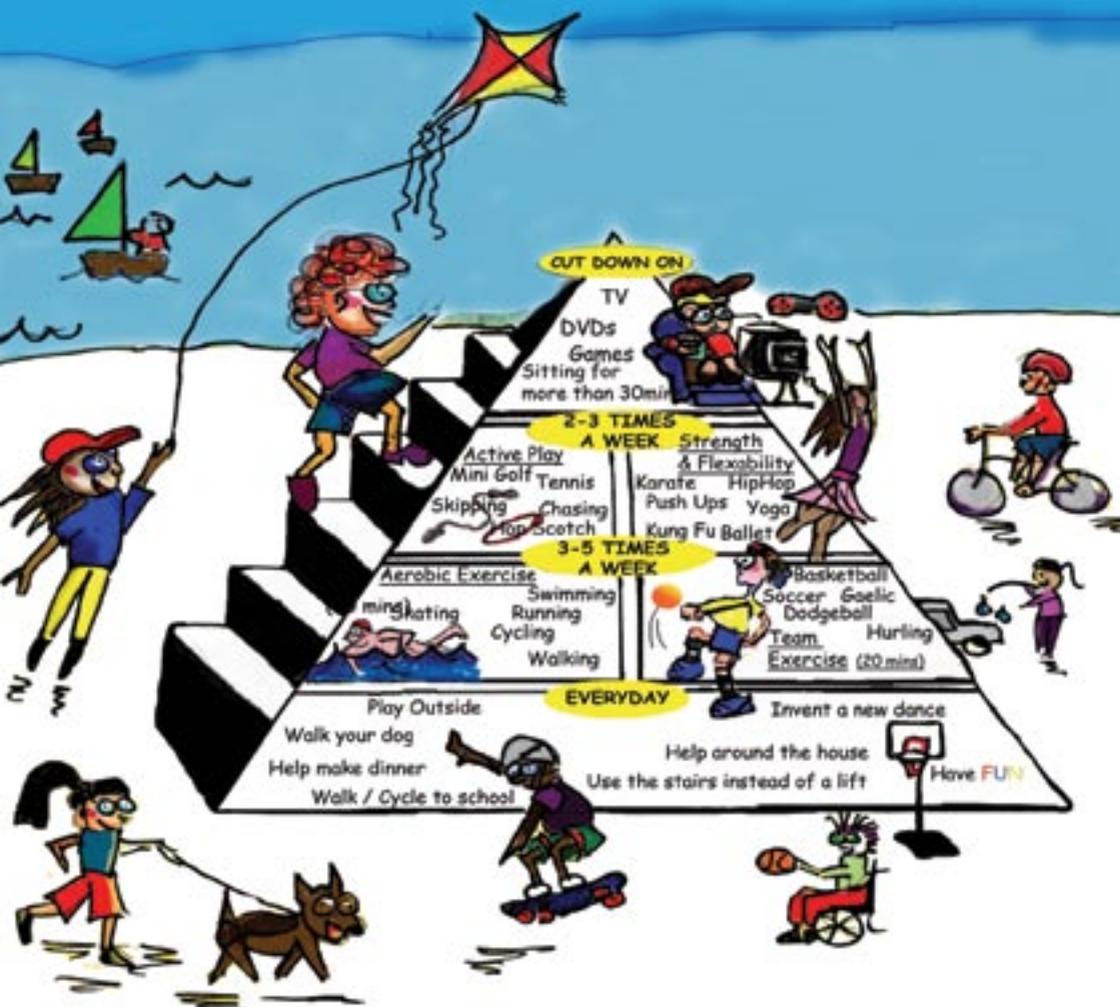


### OUTDOORS

Running games  
Ball sports  
Skipping  
Cycling  
Brisk or  
uphill walking



# The Exercise Pyramid will give you more ideas of how your child should exercise:



**Q. “What is the best type of exercise for my child?”**

Once the intensity is correct and your child is reasonably out of breath, the best exercise is any activity your child enjoys!

Remember that family activities are a wonderful way to exercise and spend time together as well. Try going for a brisk walk, playing football in the garden or going to the swimming pool. Your child will feel more supported and motivated to make healthy changes if all the family are changing too.

**Q. “My child gets very out of breath when he exercises. I am afraid to push him too hard in case it is dangerous. How do I know when he should stop?”**

This is a concern often shared by parents, schoolteachers and games instructors. It is normal to get out of breath when exercising at higher intensities. This is simply a sign that the body requires even more oxygen to work at that pace.

If your child does not have any medical conditions, when he gets breathless it should be safe for him to continue exercising as long as he can finish sentences while doing the activity.

*If you have any concerns regarding your child's breathlessness when exercising, seek advice from your GP and Chartered Physiotherapist.*

**TOP TIP: SWEAT IS NOT AN ACCURATE SIGN OF GOOD EXERCISE. SOME PEOPLE SWEAT MORE EASILY THAN OTHERS. INSTEAD, YOU SHOULD USE HOW OUT OF BREATH YOUR CHILD SEEMS AS A GUIDE TO HOW HARD HE/SHE IS WORKING.**

**Q. “My child does not like to take part in team sports as she feels she is not good enough to play with other children. How can I still encourage her to exercise?”**

Children should be encouraged to try new activities so they can see what they really like and do not like – but they cannot be forced to try them either. Instead, you could practise the skills needed for that specific sport with your child on her own so that she can build the skills and confidence needed in a more comfortable setting first.





Your child might also be reluctant to take part if she feels she cannot keep up with the other children. Try introducing your child to activities that are not based on competition or teams. Examples include cycling, dancing to music, walking and running with the family's dog, swimming and aerobics. Leap frog, skipping, jogging on the spot and jumping from the last step of the stairs are examples of exercises which can be done for 2-3 minutes each to put together a good routine of 20 minutes or more a time.

**Q. “In the winter, by the time my child has his homework finished it is too dark to play outside. How can I still ensure he exercises enough?”**

Safety of children always comes first, so they should not play outside in the dark. Try using some of the ideas for indoor exercise we have given you, and encourage your child to think of more himself. You could also consider allowing your child some playtime straight after school, before dinner and homework.

**Q. “It is difficult to get outside to exercise when it rains so much. How can I ensure my child exercises enough?”**

Firstly, once a child is wearing warm and waterproof clothing, there is no reason why they cannot do some activities outside.

However, if you are reluctant for this to happen, use the ideas for indoor exercise we have given you on pages 24 and 25, and encourage your child to think of more ideas themselves.



**Q. “How much time should I allow my child to spend watching TV or playing computer games?”**

We all know that children get easily distracted. How many times do you call your child, and he/she does not hear you because he/she is engrossed in a TV programme or computer game? With the TV on, children will not focus on anything else – including meals, homework and many other activities.

A child should not spend more than 2 hours a day in TV/computer activities. This will then give them time to do homework, exercise, spend time with their family and play with their friends. The limit should be continued at weekends, as it may be your best opportunity to do activities as a family.

With your child, make a list of all the activities he/she could do instead of TV/computer activities and remind him/her to use these ideas when you switch off the TV/computer. This guide should have given you lots of ideas already! You should also ensure your child does not have a television in his/her bedroom so that you can encourage him/her to spend time with the rest of the family.

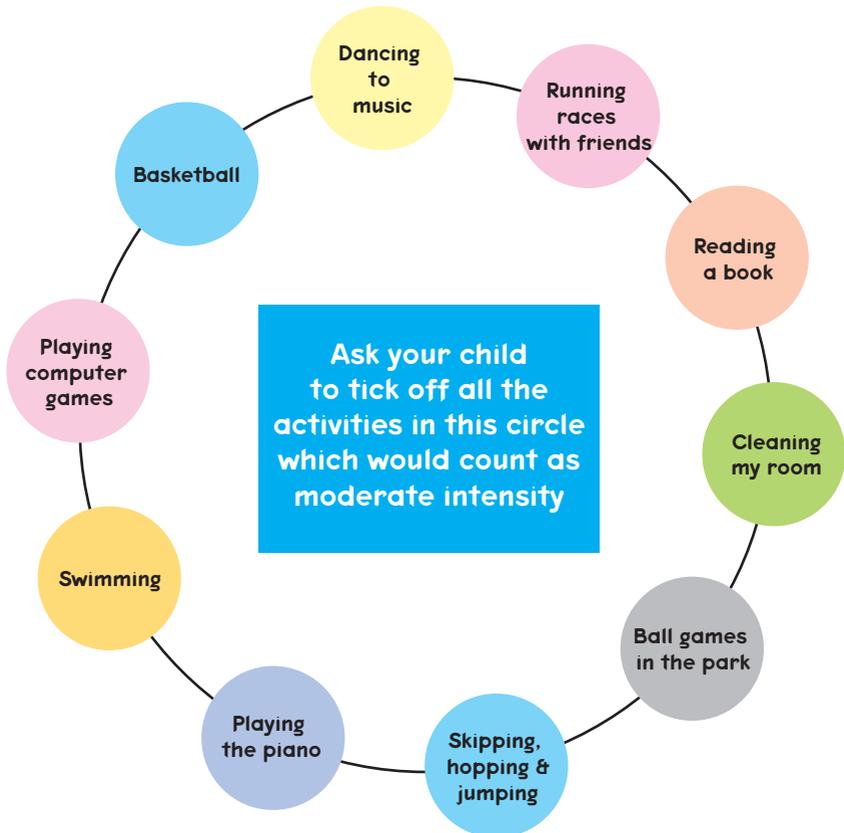


**Q. How can a Chartered Physiotherapist help?**

- Chartered Physiotherapists can help you to work out how healthy or fit your child is at the moment.
- They can also advise you and your child on how to increase activity levels for the future and put together a suitable exercise programme.
- They have lots of ideas about how to lead a more active life.
- If a child has an injury that is preventing them from exercising, a Chartered Physiotherapist can help to assess and treat the problem.

## More Exercise Tips:

- ✓ Exercise 3 times a day for 20 minutes each.
- ✓ Getting the bus home with your child? Why not get off 2 stops early and walk the rest of the way?
- ✓ If you usually collect your child from school by car, could they walk half-way to meet you instead?
- ✓ Skipping, hopping, jumping and dancing all count as exercise.
- ✓ Housework is also a good way to exercise – encourage your child to help hang out washing, tidy up, unload the dishwasher and unpack groceries.
- ✓ Exercise as a family - time spent together is important too.
- ✓ Use the stairs instead of lifts or escalators in shopping centres.
- ✓ Park the car further away from the supermarket, and encourage your child to get involved in pushing the trolley, with your help to steer if they need it.
- ✓ In cold or rainy weather, set up an indoor obstacle course.





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Children's University Hospital

### **Weight Management Interest Group INDI**

**SuperValu**

## Useful websites\*:

**www.iscp.ie**

– Irish Society of Chartered Physiotherapists

**www.indi.ie**

– Irish Nutrition and Dietetics Institute with lots of fact sheets and contact details of private Dietitians

**www.irishheart.ie**

– Irish Heart Foundation

**www.littlesteps.eu**

– HSE initiative

**www.fooddudes.ie**

– Irish healthy eating programme

**www.gdaguide.ie**

– Guide to reading food labels

**www.playireland.ie**

– Sugradh, promoting the child's right to play

**www.cdc.gov**

– Centres for Disease Control and Prevention, USA health information website

**www.bam.gov/index.html**

– Child-friendly website developed by CDC

**www.kidshealth.org**

– USA health information website with links for parents, children and teenagers

**\* It is recommended that children's use of the internet is supervised by an adult.**



Irish Nutrition and Dietetic Institute



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