

# How to Help a Heavy Child Lose Weight



A heavy child or teenager carries a psychological burden, especially if he or she is the only family member with a weight problem. What's more, people who are heavy as children have more difficulty in controlling their weight later on, as adults.

Concerned family members can take positive actions that help the child lose weight and promote emotional support at the same time. The basic premise is to make weight control a group effort and not focus on the child. In other words, rather than single out the heavy child for his or her eating habits, the entire family should try to adopt a healthy diet and other weight-control habits. Focus attention on these activities.

- Family participation in fitness or sports activities. Going for a hike or bike ride as a family not only creates an opportunity to exercise, but can bring family members closer together.
- Make it a household rule to limit the amount of high-calorie snack foods brought into the home.
- Teach all family members how to prepare healthy meals and snacks. Make a commitment to avoid high-fat foods for *everyone's* well-being.