



## You and other family members are your child's first teachers.

Starting at a very early age children learn by seeing what others do. Parenting is hard, especially with everything else you have to do. Role model the things you want your child to do, like healthy eating and being active, as much as possible.

### **Teach and model healthy, positive attitudes towards food**

- Teach your child to take care of their bodies.

This includes brushing their teeth, being active and eating nutritious foods.

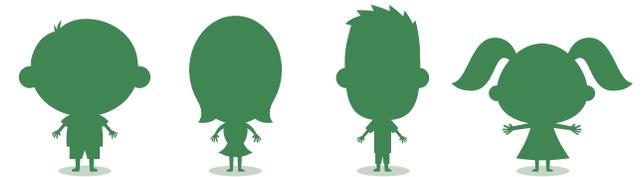


- Set regular meal and snack times.  
It is ok to say “wait till meal time”.
- When your child has had enough, let them stop eating.

### **Focus on health, not weight**

- Body image is how we feel about our own body.  
Body image develops early, even during their preschool years.
- Bodies come in all shapes and forms and that's ok.

Children who have a positive body image are more comfortable around others and more confident overall.



- Develop a positive attitude about your own body and your child will too.
- Focus on making changes at home to help your family be healthy.

# TIPS FOR PRESCHOOL PARENTS

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## **Involve your child**

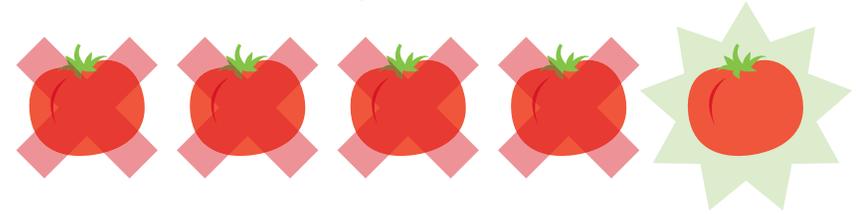
- Grocery shop together and teach your child about healthy food choices.
- Cook together!  
Involve your child by having them prepare fruits or help with washing vegetables.
- Plant foods with your child!  
Your child will more likely eat their food knowing they helped prepare it and grow it!

## **Be prepared**

- Unhealthy junk food is available everywhere so it's important to try to plan meals and snacks for you and your family.  
Be prepared, after school have cut-up cold veggies/fruit and ice water for the trip home.
- Try to set regular times for meals and snacking rather than eating all day.
- Remember breakfast is the most important meal of the day!
- Sit down with family.  
Family mealtime is a chance for you to connect with your child.
- Turn off the electronic devices while eating, including TV, phones and games.  
Enjoy the food and each other, bond the family closer with daily dialogue.

## **Keep trying**

- Changing habits take time.  
Keep offering healthy foods, don't force your child to eat something they don't want.
- If your child doesn't like a healthy food item the first time, try again!  
Most children will need to try a new food many times, sometimes five to ten times, to start liking it.



- Get support from others.  
Get help from the entire Ohana – grandparents, uncles, aunties, caregivers, etc. Talk to them about health and why developing healthy habits early is so important.

## **Remember to be kind to yourself**



Parenting is stressful and you may feel as if there is not enough time in the day.

**It's important that we take care of ourselves in order to take care of others.**

Take care of your basic needs. Get enough sleep – you'll have more energy to manage the stressors of the day. Take a few minutes each day to eat well and get some physical activity, even if it's just a short walk.