



Be a Healthy Role Model

Working with kids or being a parent means having to watch what you do and say like never before. Those little eyes and ears soak up everything – even when you think they're not watching.

So when it comes to health you have to be even more careful about how your own habits influence and shape your children's ideas about food, fitness and overall health.

Here are some things other people have decided to do. Pick 1 or 2 items below and set the healthy example.

- ◆ Eat at least 5 servings of fruits/vegetables a day
- ◆ Limit screen time
- ◆ Get at least 30 to 60 minutes of physical activity every day
- ◆ Avoid sugar-sweetened beverages
- ◆ Manage stress
- ◆ Get enough sleep

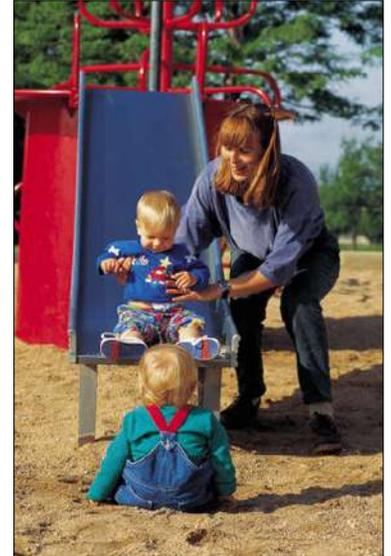
Setting a Healthy Example

Adults are role models and the most important influence in children's lives.

As role models, parents, teachers or care givers need to demonstrate healthy behaviors so children have healthy attitudes about eating, being physically active and develop live long healthy habits.

Your attitude just might influence the children in your life.

- ◆ Do you skip breakfast?
- ◆ Do you drink sodas rather than milk with your meals?
- ◆ Do you diet all the time or have a fear of eating "bad" food?
- ◆ Do you snack all day long?
- ◆ Do you eat in front of the TV?
- ◆ Do you eat whenever you are bored or under stress?



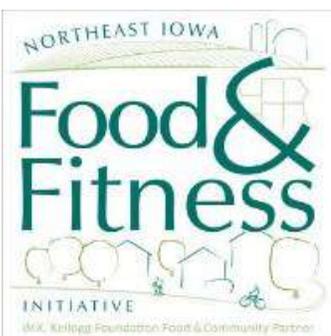
Make fitness a family activity. Get out and play to show your little ones that exercise is easy to fit into everyday life.

Modeling Healthy Habits

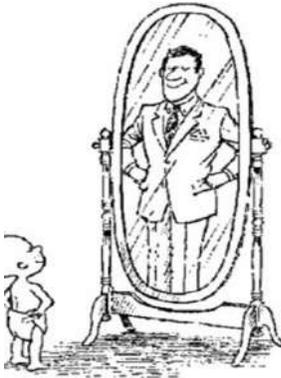
Modeling healthy habits support development of health behaviors in children. It instills life long healthy habits and decreases chronic diseases health risk.

Here are a few health habits you can do to be a good role model.

- ◆ Never skip meals, especially breakfast
- ◆ Take moderate portions
- ◆ Limit junk food in your diet
- ◆ Drink water and low-fat milk instead of soda
- ◆ Cook, prepare food and eat with the children in your life
- ◆ Eat food from all food groups
- ◆ Try fruit and yogurt as dessert
- ◆ Take time to be physically active each day
- ◆ Have a positive attitude...it's contagious!



For more ideas visit www.iowafoodandfitness.org and www.eatplay521.com.



Children will reflect back what they see.

Being a Positive Role Model for a Child

Parents and caregivers are a child's first role models. They are responsible for shaping the child's behavior and implementing positive values in them. Children listen, observe and imitate.

As a parent or teacher you need to practice what you preach to expect a child to follow it. But majority of us miserably fail to be that

perfect example. There is no doubt that role modeling is one of the most difficult and demanding tasks ever. It requires continuous learning and sacrifices to be a good role model. To influence well behaved and responsible children one should be willing to invest a considerable amount of time, patience and energy.

Children are like raw earth and they get molded based on how their parents and teachers mold them. It is up to you to decide how you want your child to be.... healthy or not

If you want a well behaved and positive child, you will have to lead by example by being a positive role model for them.

“By practicing what you preach, you're showing your kids you believe in what you're saying”



Take time to spend with children and make it active time!

Teach Positive Values:

If you want a child to have positive values, you should have them as well. Children are known to imitate and follow their role models.

Respect Children;

Let the child know that they are loved and cared for.

Open Communication:

Spend quality time with children every day. Listen to the children and understand their feelings when they talk.

Teach Healthy Habits:

Just like good manners and etiquette, healthy habits also should be taught to children. Be their role model for healthy living. Implement healthy eating habits and exercises to keep them healthy and fit.

In short, be a positive role model to child by implementing positive attitudes and behaviors in front of the child.

Qualities you should have as a 'Role Model'

Remember, guilt is normal

When all else fails, remember that guilt is normal. In manageable doses, it helps us to live better lives.

Being the perfect role model creates a “self-attack” mode, wreaking havoc on feelings about ourselves and our skills.

Know that you are not alone.

Everyone struggles at times to be a good role model. If you can try the 80/20 approach; meaning to try your best at least 80% of the time while knowing 20% of the time you may relax a bit will certainly help in achieving the best role model you can be for the children in your life.

