

Healthy Weight Healthy Children

Healthier Child, Brighter Future



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This resource guide is designed for parents with overweight children and should not replace the advice provided by your doctor or healthcare professionals.





A healthy, active lifestyle

helps your child
look and feel his **BEST**



At primary school, children learn and pick up new skills such as making friends, managing their pocket money and developing their own eating habits and lifestyles.

As parents, this is the best time to guide your children to adopt healthy eating habits and lifestyle practices so that they can grow up to be healthy adults.

Children who are inactive and have poor eating habits are more likely to gain weight.

For the sake of simplicity, he/his/him are used to represent both genders.



Complications of childhood obesity

Being overweight or severely overweight, your child may have a higher risk of developing medical conditions such as:

- Type 2 diabetes
- High blood pressure
- High blood cholesterol
- Obstructive sleep apnoea
- Fatty liver disease
- Orthopaedic conditions (e.g. knee joint pain)
- Psychological problems such as poor body image, low self-esteem and confidence.

Hence, it is important to help your child manage his weight to prevent early onset of medical conditions.

Know your child's

Body Mass Index (BMI)

BMI measures the relationship between a child's height and weight and provides an estimate of the amount of fat in the body.



$$\text{BMI} = \frac{\text{Weight (kg)}}{\text{Height (m) x Height (m)}}$$

The BMI for children has to be interpreted in relation to their age and gender using the BMI-for-age percentile tables. Look at the tables on page 8 to know your child's weight status category.

BMI-for-Age Percentiles (6-18 Years)

BOYS

AGE (years)	SEVERELY UNDERWEIGHT (< 3 rd percentile)	UNDERWEIGHT (3 rd to < 5 th percentiles)	ACCEPTABLE WEIGHT (5 th to < 90 th percentiles)	OVERWEIGHT (90 th to < 97 th percentiles)	SEVERELY OVERWEIGHT (≥ 97 th percentile)
6	≤ 12.8	12.9 – 13.1	13.2 – 18.8	18.9 – 21.4	≥ 21.5
7	≤ 13.0	13.1 – 13.3	13.4 – 19.8	19.9 – 23.0	≥ 23.1
8	≤ 13.2	13.3 – 13.6	13.7 – 20.9	21.0 – 24.6	≥ 24.7
9	≤ 13.5	13.6 – 13.8	13.9 – 21.8	21.9 – 26.0	≥ 26.1
10	≤ 13.8	13.9 – 14.1	14.2 – 22.7	22.8 – 27.3	≥ 27.4
11	≤ 14.1	14.2 – 14.5	14.6 – 23.6	23.7 – 28.3	≥ 28.4
12	≤ 14.4	14.5 – 14.8	14.9 – 24.3	24.4 – 29.2	≥ 29.3
13	≤ 14.7	14.8 – 15.1	15.2 – 25.0	25.1 – 30.0	≥ 30.1
14	≤ 15.0	15.1 – 15.4	15.5 – 25.5	25.6 – 30.6	≥ 30.7
15	≤ 15.3	15.4 – 15.8	15.9 – 26.1	26.2 – 31.2	≥ 31.3
16	≤ 15.6	15.7 – 16.1	16.2 – 26.5	26.6 – 31.7	≥ 31.8
17	≤ 15.9	16.0 – 16.3	16.4 – 27.0	27.1 – 32.1	≥ 32.2
18	≤ 16.1	16.2 – 16.6	16.7 – 27.4	27.5 – 32.4	≥ 32.5

GIRLS

AGE (years)	SEVERELY UNDERWEIGHT (< 3 rd percentile)	UNDERWEIGHT (3 rd to < 5 th percentiles)	ACCEPTABLE WEIGHT (5 th to < 90 th percentiles)	OVERWEIGHT (90 th to < 97 th percentiles)	SEVERELY OVERWEIGHT (≥ 97 th percentile)
6	≤ 12.6	12.7 – 12.8	12.9 – 18.3	18.4 – 20.5	≥ 20.6
7	≤ 12.8	12.9 – 13.1	13.2 – 19.1	19.2 – 21.8	≥ 21.9
8	≤ 13.1	13.2 – 13.4	13.5 – 20.1	20.2 – 23.1	≥ 23.2
9	≤ 13.4	13.5 – 13.7	13.8 – 21.0	21.1 – 24.4	≥ 24.5
10	≤ 13.7	13.8 – 14.1	14.2 – 21.9	22.0 – 25.6	≥ 25.7
11	≤ 14.1	14.2 – 14.4	14.5 – 22.7	22.8 – 26.6	≥ 26.7
12	≤ 14.4	14.5 – 14.8	14.9 – 23.4	23.5 – 27.5	≥ 27.6
13	≤ 14.8	14.9 – 15.2	15.3 – 24.0	24.1 – 28.3	≥ 28.4
14	≤ 15.1	15.2 – 15.5	15.6 – 24.6	24.7 – 28.9	≥ 29.0
15	≤ 15.4	15.5 – 15.8	15.9 – 25.0	25.1 – 29.4	≥ 29.5
16	≤ 15.7	15.8 – 16.1	16.2 – 25.4	25.5 – 29.7	≥ 29.8
17	≤ 15.9	16.0 – 16.3	16.4 – 25.7	25.8 – 30.0	≥ 30.1
18	≤ 16.1	16.2 – 16.5	16.6 – 25.9	26.0 – 30.3	≥ 30.4

SET GOALS

- 1.
- 2.
- 3.



Helping your child to develop healthy eating habits and encouraging him to be active can help to slow down his weight gain.

Involve your child in setting realistic goals will motivate him to change his habits and behaviours.



Examples of dietary and physical activity goals:

- Eat 2 servings of fruit every day.
- Brisk walk to school every day.







Cultivate healthy eating habits

Parents are responsible in providing healthy food. If you prepare healthy food, your child will most likely eat the food you prepare, as there are no other options available.

Eating meals together as a family. Your child is more likely to eat the food when he sees other family members enjoying the food.

Setting limits to foods that are high in fat, salt and sugar. Help your child understand that these foods are occasional treats and not to be eaten often.

Meal time is the best time to cultivate healthy eating habits.

- Encourage your child to eat slowly. If he eats fast, chances are he may overeat.
- If he comes home feeling hungry, let him drink a glass of water or a bowl of clear soup before he starts eating.
- Use smaller plates and bowls to serve food.
- Do not use food as reward or punishment. Using food as a reward will tempt your child to eat more of the food. Using food as a punishment may make your child dislike the food even more.

Start by

Eating Right

In order to ensure that your child gets all the nutrients he needs, use **My Healthy Plate** as a guide to teach him what to eat and how much to eat at each meal.

Fill a quarter of his plate with whole-grains

Whole-grain products such as brown rice, wholemeal bread and rolled oats contain vitamins (vitamins B and E), minerals (iron, zinc and magnesium), plant chemicals (lignans, phytosterols) and inulin (a type of dietary fibre).

Refined grain products such as white rice or white bread have gone through processing which removes the valuable nutrients that whole-grains have to offer. Consuming whole-grains can reduce the risk of developing heart disease and diabetes.

Fill a quarter of his plate with meat and others

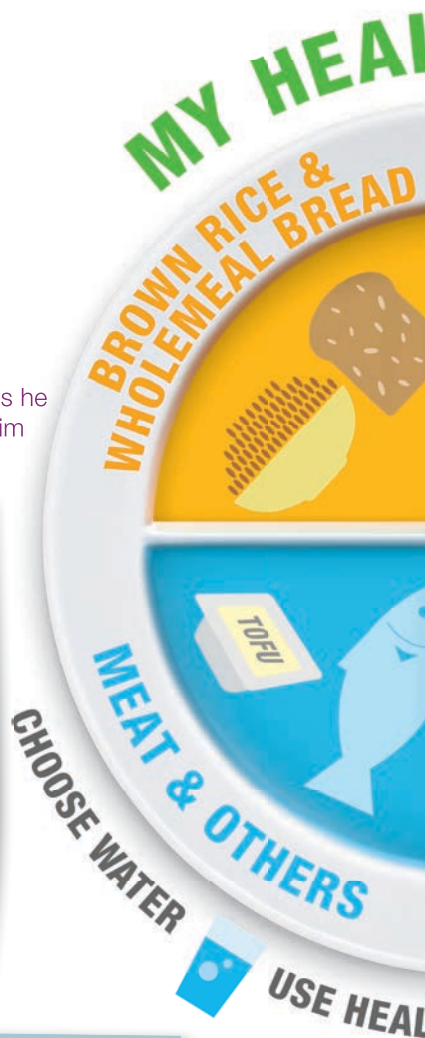
Lean meats, chicken, fish, lentils, beans, tofu and nuts contain protein that helps to build and repair tissues in the body. Include calcium-rich foods such as milk, yoghurt, cheese, tofu, sardines and calcium-fortified soy milk in your child's diet each day. Choose low-fat or non-fat dairy products more often than full-fat dairy products.

Choose water

Your child, aged 7-9, should be 7-9 glasses[#] of water each day.

NOTE:

[#] One glass = 250ml
* Total fluid intake is total fluid from food (such as soup and milk) as well as water and milk



HEALTHY PLATE



Fill half of his plate with fruit and vegetables

Fruit and vegetables are rich in dietary fibre, vitamins and minerals, and can lower the risk of developing heart disease, stroke and certain types of cancer. Eat a colourful variety of fruit and vegetables to get a variety of nutrients.

Be active!

Your child should aim for at least 60 minutes of moderate- to vigorous-intensity physical activity every day to keep him fit and healthy.

Use healthier oils

Healthy fats should be included in the diet on a daily basis to help our body function at its best. Healthier oils such as canola, olive, soy, sunflower and peanut oils, consist of healthy fats that can decrease the risk of developing heart disease. Nuts are also good sources of healthy fat.

HEALTHIER OILS



7-12 years, needs 6-8
per day. The total fluid intake*
ounces# per day.

the total amount of fluid intake from
(and porridge) and beverages (such

BROWN RICE AND WHOLEMEAL BREAD

What is an example of 1 serving of Brown Rice and Wholemeal Bread?



2 slices wholemeal bread (60g)



½ bowl* whole-grain noodles, beehoon or spaghetti (100g)



4 plain wholemeal crackers (40g)



½ bowl* brown rice (100g)



2 wholemeal chapatis (60g)



1½ cups** whole-grain breakfast cereal (40g)



⅔ bowl* uncooked oatmeal (50g)

All weights listed are for edible portions only

** Rice bowl ** 250ml cup*

FRUIT

What is an example of 1 serving of Fruit?



1 small apple, orange,
pear or mango (130g)



1 wedge papaya,
pineapple or
watermelon (130g)



10 grapes or longans
(50g)



1 medium
banana



¼ cup** dried
fruit (40g)



1 glass* pure fruit juice
(250ml)

*All weights listed are for edible portions only
* 250ml glass ** 250ml cup*

VEGETABLES

What is an example of 1 serving of Vegetables?



$\frac{1}{4}$ round plate*
cooked vegetables



150g raw leafy
vegetables



100g raw non-leafy
vegetables



$\frac{3}{4}$ mug*** cooked leafy
vegetables (100g)



$\frac{3}{4}$ mug*** cooked
non-leafy vegetables
(100g)

All weights listed are for edible portions only

*** 250 mug + 10 inch plate

MEAT AND OTHERS

What is an example of 1 serving of Meat and Others?



1 palm-sized
piece meat, fish or
poultry (90g)



2 glasses*
low-fat milk
(500ml)



2 small blocks
soft beancurd
(170g)



5 medium prawns
(90g)



$\frac{3}{4}$ cup** cooked
pulses (peas, beans,
lentils) (120g)



3 eggs
(150g)

Sample menu*

MENU A

Breakfast

Breakfast cereal

$\frac{3}{4}$ cup*** whole-grain cereal

1 glass*** low-fat milk



Snack

2 slices wholemeal bread with tuna and lettuce

Lunch

Spaghetti

$\frac{3}{4}$ bowl** whole-grain spaghetti

4 tablespoons lean meat, minced

2 tablespoons low-fat cheese, grated

$\frac{3}{4}$ mug*** tomato puree with carrot and broccoli

$\frac{1}{2}$ guava

Snack

Green bean soup, reduced sugar

$\frac{1}{4}$ cup cooked green beans

Dinner

1 bowl brown rice

$\frac{3}{4}$ palm-sized piece stir-fried skinless chicken

$\frac{3}{4}$ mug spinach in ikan bilis soup

1 orange


* All weights listed are for edible portions only

** Rice bowl *** 250ml



Sample menu*

MENU B

Breakfast	Wholemeal toast 1 slice wholemeal bread, toasted 1 pan-fried egg with grated carrot 1 glass*** low-fat milk	
Snack	1 small wholemeal bean pau	
Lunch	Chicken noodle soup 1 bowl** whole-grain noodles 1/2 palm-sized piece skinless chicken, shredded 3 medium prawns 3/4 mug*** chye sim and bean sprouts 1 banana	
Snack	1 small tub low-fat yoghurt	
Dinner	1 bowl brown rice 1 palm-sized piece fish with sweet and sour sauce 1/4 plate+ stir-fried broccoli with mushroom 1 small apple	

* All weights listed are for edible portions only

** Rice bowl *** 250ml + 10 inch plate



Sample menu*

MENU C

Breakfast	<p>Oatmeal with milk and fruit <i>2/3 bowl uncooked oatmeal</i> <i>1/2 cup low-fat milk</i> <i>1 tablespoon raisins</i></p>
Snack	4 wholemeal biscuits
Lunch	<p>1 bowl** brown rice 1 palm-sized piece grilled chicken, skinless 1/4 plate* stir-fried long beans and cauliflower 10 grapes</p>
Snack	1 glass*** low-fat milk
Dinner	<p>2 wholemeal chapatis 3/4 cup*** dhal curry</p> <p>Vegetable salad with low-fat yoghurt <i>3/4 mug*** carrots and cucumber, sliced</i> <i>1/2 mug low-fat yoghurt</i></p> <p>3/4 cup mixed fruit, diced</p>

* All weights listed are for edible portions only

** Rice bowl *** 250ml + 10 inch plate





Eat **healthy** **breakfast** every day

Eating a healthy breakfast helps children to:

- Concentrate and perform better at school
- Have more energy to do daily activities such as running and playing sports
- Manage their weight

Oatmeal with banana
and low-fat milk



Omelette on
wholemeal toast
and calcium-
fortified, reduced
sugar soy milk



Whole-grain cereal
with fruit, nuts and
low-fat milk



Whole-grain pau
and pure fruit juice

Healthy breakfast ideas

Here are some healthy breakfast ideas for your child to start the day.

Tips to eating breakfast

- If your child says he is not hungry, give him a glass of low-fat milk or a fruit.
- If he is in a hurry, pack his food and let him eat on the way to school.
- Vary your choice of breakfast so that he will not be bored of eating the same food every day.
- If you have no time to prepare breakfast, give your child a bowl of whole-grain cereal with low-fat milk.




Bone up on calcium

Calcium helps to build strong, healthy bones and teeth.

Provide your child with one serving of dairy foods or other calcium-rich foods every day.

You can increase calcium intake in your child's diet by adding:

- Low-fat yoghurt to whole-grain cereals, vegetable or fruit salads
- Low-fat cheese to sandwiches and wraps
- Low-fat milk to food dishes to replace coconut milk



Do you know...

One glass of low-fat flavoured milk contains 3 to 5 teaspoons of added sugar. Go for low-fat, plain milk instead.



Feel full with

fruit and vegetables

Eating fruit and vegetables helps your child feel full so that he will not overeat.

Encourage your child to eat 2 servings of fruit and 2 servings of vegetables every day.

Tips to encourage your child to eat fruit and vegetables

- Involve your child in buying and preparing fruit and vegetables.
- Prepare fruit and vegetables in interesting colours, shapes and sizes to make them more appealing.
- Add vegetables to your child's favourite dishes.
- If your child does not like a certain vegetable, encourage him to taste the food again and again. It may take up to many tries before the food is being accepted.

Choose

healthy snacks

If your child feels hungry in between meals, you can:

- Offer him a healthy snack such as fruit, vegetable sticks (e.g. cucumber, carrot or celery), plain popcorn, low-fat milk or low-fat yoghurt.
- Serve snacks in small portion. Be aware that eating too much snacks on top of the three main meals may lead to weight gain.
- Choose snacks with the Healthier Choice Symbol (HCS) and eat them in moderation.
- Limit foods that are high in fat and sugar such as potato chips, cakes and cookies.

Try these snacks:



Mixed fruit



Vegetable salad



Fruit smoothie with low-fat milk



Steamed corn

Reduce

sweetened drinks

Sweetened drinks are high in calories and contain very little nutritional value.

Fruit juice with added sugar and other sweetened drinks such as soft drinks, syrups, bubble tea and juice drinks should be limited.

Take a look at the amount of sugar in these sweetened drinks.

	Approximate sugar content (in teaspoons**)	
A 300ml can drink (with HCS*)	SSSS	(4)
A 300ml can drink (without HCS*)	SSSSSS	(6)
A 500ml bottle drink (with HCS*)	SSSSSSSS	(7)
A 500ml bottle drink (without HCS*)	SSSSSSSSSSSSSS	(11)

*HCS = Healthier Choice Symbol **1 teaspoon = 5g

Tips to reduce sweetened drinks

- Drink water instead of sweetened drinks.
- Share a drink with others or add water to half a glass of sweetened drink.
- Choose a packet or a can drink with HCS instead of a bottle
- Avoid keeping sweetened drinks at home.



Lower in Sugar

Encourage your child to bring a water bottle to school every day or whenever he goes out.



Cook more often at home

Cooking at home is healthier than eating out as you can choose what goes into your meals. Try to prepare home-cooked meals as often as you can.

Tips to prepare healthy meals

- Use healthier cooking methods such as boiling, steaming, microwaving or stir-frying with less oil.
- Add more whole-grains, vegetables and fruit in your cooking.
- Remove visible fat and skin from meat and poultry before cooking.
- Limit processed meat such as sausages, ham, nuggets and luncheon meat as they are high in fat and salt.
- Season foods with herbs and spices such as onions, garlic, ginger or pepper instead of salt, sauces or stock cubes.

No time to cook at home?

- Prepare food in bulk, divide them into smaller portions and freeze them for other meals.
- Prepare one-dish meals by adding meat, fish and vegetables in noodle soup or spaghetti.
- Microwave meat and vegetables for a quick meal.



Make healthier choices when eating out

- Ask for less oil, salt and sugar in your food.
- Choose brown rice over white rice or flavoured rice (e.g. chicken rice, nasi lemak or nasi briyani).
- Limit the amount of sauces, gravies and salad dressings.
- Share the food with your child if the portion is too big.
- End the meal with a fruit instead of a sweet dessert.



Look at the calorie and fat content of some common hawker foods and fast food. Choose the healthier options.

Choose these foods:			Instead of:		
Food	Calorie (kcal)	Fat (teaspoons)	Food	Calorie (kcal)	Fat (teaspoons)
1 plain thosai with dhal curry	196	1	1 egg roti prata with fish curry	509	7
1 bowl fishball kway teow soup	329	1	1 plate fried kway teow	856	9
1 plate grilled skinless chicken chop with baked potato and vegetable salad	392	2	1 plate chicken cutlet with french fries and coleslaw	620	8
1 plate brown rice with grilled skinless chicken and stir-fried mixed vegetables	541	4	1 plate nasi lemak with chicken wing, egg, ikan billis and peanuts	1063	10
1 cheese burger, 1 cup corn and 1 small packet low-fat milk	459	3	1 double cheese burger, 1 large french fries and 1 large cola drink	1257	10

Brown rice with skinless chicken and mixed vegetables

Saves 6 teaspoons of fat!



Nasi lemak with fried chicken, egg, ikan billis and peanuts





Shop wisely

Going to the supermarket with your child provides a good opportunity to teach him how to choose healthy foods.

Tips to shop wisely:

Prepare a list of items to buy at the supermarket. Do not be tempted to buy foods that are not on your list.

Avoid going to the supermarket on an empty stomach.

This can reduce impulse buying of foods and drinks that are high in fat and sugar.

Involve your child in buying food. Teach him how to choose healthier food products with the Healthier Choice Symbol (HCS).

Do not give in to your child's temptation. Tell him beforehand that you will only be shopping for foods that are on your list. If he asks for sweets, remind him that they are not on your list. Giving in to what he wants will encourage more of such behaviour in future.

Recipes

APPLE FRIED RICE

Serves 2

Ingredients

1½ cups[^] brown rice, cooked
 150g skinless chicken fillet, cut into cubes
 1 egg, beaten
 ½ cup green peas
 1 small apple, diced
 2 tablespoons oil*
 1 small onion, finely chopped
 1 clove garlic, finely chopped
 Salt and pepper to taste

Method

1. Heat ½ tablespoon oil in a non-stick pan.
2. Stir-fry the beaten egg and set aside.
3. Heat the rest of the oil in the pan.
4. Add onion, garlic, chicken and stir-fry until partially cooked.
5. Add in rice, green peas and half portion of diced apple. Continue to cook for a few minutes.
6. Stir in fried egg.
7. Garnish with the remaining apple.

[^] 1 cup = 250 ml



*Choose products with
 the Healthier Choice
 Symbol



SPAGHETTI WITH MEATBALLS Serves 2

Ingredients

1½ cups[^] wholemeal spaghetti, cooked

Meatballs

150g lean meat, minced
1 small square bean curd, mashed
½ small onion, finely chopped
1 clove garlic, finely chopped
1 tablespoon parsley, finely chopped
1 tablespoon corn flour
¼ teaspoon salt
A sprinkle of pepper

For pan-frying

1 tablespoon oil*

Tomato sauce

3 large tomatoes, diced
3 shiitake mushrooms, diced
½ cup broccoli, small florets
1 small onion, finely chopped
½ teaspoon paprika
1 teaspoon oil*
¼ cup water
Salt to taste

Method

Meatballs

1. Mix all the ingredients.
2. Shape into meatballs.
3. Pan-fry the meatballs in a non-stick pan until golden brown and set aside.

Tomato Sauce

4. Heat oil in a non-stick pan.
5. Stir-fry onion until soft.
6. Add tomatoes, paprika and water. Stir well and cook until the tomatoes soften.
7. Add in broccoli and mushrooms. Simmer for 3-5 minutes.
8. Pour the tomato sauce over spaghetti and meatballs and serve.

[^] 1 cup = 250 ml



*Choose products with the Healthier Choice Symbol



TUNA STUFFED TOMATO

Serves 2

Ingredients

2 large tomatoes
 2 button mushrooms, diced
 1/3 canned tuna in water*, drained and mashed
 2 tablespoons oats
 1 slice low-fat cheese*, cut into strips
 1 clove garlic, finely chopped
 1/2 small onion, finely chopped
 2 teaspoons oil*
 Salt and pepper to taste

Method

1. Cut tomatoes horizontally into halves and scoop out the pulp.
2. Mash the tomato pulp and set aside.
3. Put mushroom, garlic, onion and oil in a bowl and microwave for 1 minute.
4. Add tomato pulp, tuna and oats and mix well.
5. Stuff the mixture into the halved tomatoes.
6. Top with low-fat cheese.
7. Grill the stuffed tomatoes for 1 minute and serve.



*Choose products with
 the Healthier Choice
 Symbol



CHICKEN-O-WRAP

Serves 2

Ingredients

2 wholemeal wraps
 120g skinless chicken fillet
 2 large lettuce leaves, shredded
 ½ medium carrot, grated
 ¼ cucumber, cut into strips
 2 teaspoons oyster sauce*
 1 tablespoon honey mustard sauce

Method

1. Marinate the chicken fillet with oyster sauce.
2. Microwave the fillet for 4 minutes on each side.
3. Shred the fillet into strips.
4. Microwave each wrap for 15 seconds or as instructed on the package.
5. Place lettuce, carrot and cucumber on the wrap.
6. Top with shredded chicken and honey mustard sauce.
7. Roll and serve.



*Choose products with
 the Healthier Choice
 Symbol



TANGY PRAWN SALAD

Serves 2

Ingredients

6 prawns, cooked,
de-shelled and halved
4 lettuce leaves, shredded
1 large tomato, cut into thin slices
1 small apple, cut into strips
1 small orange, peeled and cut
segments into halves
1 tablespoon walnuts, crushed

Dressing

1 teaspoon oil*
1 teaspoon lime juice
1 teaspoon honey
Salt and pepper to
taste

Method

1. Combine all the ingredients except walnuts.
2. Mix the ingredients for the dressing.
3. Pour the dressing over the salad and toss well.
4. Chill for 30 minutes.
5. Sprinkle with walnuts and serve.



*Choose products with
the Healthier Choice
Symbol





Be active together

Being active in sports and games can help your child to:

- Improve academic performance and self-esteem
- Build strong bones and muscles
- Promote healthy weight
- Reduce stress and anxiety
- Develop leadership & teamwork skills

The physical activity recommendation for your child is to accumulate 60 minutes or more of moderate- to vigorous-intensity physical activity every day. As part of the 60 minutes, vigorous-intensity physical activity should be incorporated at least 3 times per week, including those that strengthen muscles and bones.

Your child may need additional physical activity beyond the recommendations to achieve or maintain a healthy weight. Consult your doctor or healthcare professionals, where necessary.



Types of physical activities

and intensities that are suitable for your child

Type of Intensity*	Types of Physical Activities	
Moderate-intensity Activities	Ride on bicycle Swim Brisk walk	Rollerblade Physical Education (PE)
Vigorous-intensity Activities	Run Skip Dance	Swim Sport (e.g. basketball, soccer, martial arts, etc)

Be safe while being active

- Avoid exercising when feeling unwell.
- Avoid outdoor exercise during the hottest time (10.30am to 3.30pm) and in adverse weather conditions.
- Dress in appropriate attire and footwear.
Put on safety gear (helmet, knee guards, etc) if the activity requires it.
- Drink water before, during and after exercise.
- Do warm-up and cool-down activities to prevent injuries.

***Moderate-intensity** physical activity will cause a noticeable increase in breathing and heart rate such that your child is able to carry on a conversation but does not have enough breath to sing while engaging in the activity.

Vigorous-intensity physical activity will cause a large increase in breathing and heart rate such that your child is not able to carry on a conversation but is not out of breath while engaging in the activity.





Children who enjoy being physically active tend to stay active throughout their lives.

Tips to increase physical activity

- If your child has not been physically active, let him start slowly. Increase the intensity and frequency of the physical activity gradually as he gathers more stamina.
- Let him choose an activity he enjoys.
- Introduce simple props such as squashed paper balls, plastic plate Frisbee and water bottle lifting to keep him active.
- Enrol him in a sport in school, community club or sports centre.
- Encourage him to walk to school, take the stairs and do household chores.



Limit sedentary entertainment screen time

Your child expends little energy when he sits in front of the television or plays computer games and this can lead to weight gain.

Tips to limit sedentary entertainment screen time

- Limit his total sedentary entertainment screen time (e.g. television and video games) to less than 2 hours each day.
- Avoid putting a television or computer in his room.
- Do not reward him with screen time. Reward him with an outdoor trip instead.



Look good and feel good

Having a positive body image means accepting and appreciating our body and feeling satisfied with our appearance. Having a poor body image may lead to low self-esteem and feelings of unhappiness.

As parents, you can help to foster a positive body image in your child. Here are some strategies to get you started:

- Demonstrate you love and accept your child regardless of his weight and appearance. Do not criticise or tease him.
- Teach your child that inner strength and qualities are more important than physical appearance.
- Help your child to appreciate his own body and emphasise the importance of healthy eating and physical activity in order to achieve a healthy weight.

If your child is being teased:

- Listen to your child and let him talk about how he feels.
- Explain to him that the teaser is trying to make fun of others to make himself feel better.
- Teach your child not to respond or show any emotions towards the teaser.
- If the teasing continues, report to the teacher.
- If a family member teases your child, explain that teasing will not help your child to lose weight but will affect his self-esteem.



Books

from National Library Board



Author: Lori S. Brizee with Sue Schumann Warner
 Publisher: Brewster, MA: Paraclete Press, c2011
 Call No.: 618.92 BRI-[HEA]

Healthy Choices, Healthy Children: A Guide to Raising Fit, Happy Kids

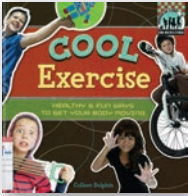
Abstract provided by publisher: This easy-to-use guide provides essential tools for raising well-nourished, active children who will make lifelong healthy choices. Engaging, practical, and filled with quick tips, this is a must read for the busy parent trying to navigate the challenging world of kids and food. An ideal book for parents, schools and community groups. Recipes are included.



Author: Edward Miller
 Publisher: New York: Holiday House, c2006
 Call No.: J 613.7 MIL

The Monster Health Book: A Guide to Eating Healthy, Being Active & Feeling Great for Monsters & Kids!

Summary: Monsters need to stay in good shape in order to wreck havoc. Like them, kids also need nutrition and exercise. This well-rounded book gives children important information about food, sleep and physical exercise, to make healthy and wise choices. Children (and their inner monsters or angels) will appreciate the colourful illustrations, the fun facts and the humorous, casual style of this book.



Author: Colleen Dolphin
 Publisher: Minneapolis, Minn.: ABDO Pub. Co., 2013
 Call No.: J 613.7 DOL

Cool Exercise: Healthy & Fun Ways to Get Your Body Moving

Summary: This book introduces readers to the physical and mental benefits of exercising. Filled with colourful pictures and bite-sized information, it is a great book for children to learn how to use their time in everyday situations to develop strong bodies. Includes a Health journal to document creative ways of keeping fit, and a glossary that explains difficult words. Begin a healthy lifestyle today with the fun activities suggested in this book!



Author: Adam Shafran and Lee Kantor
 Publisher: Nashville, Tenn.: Trade Paper Press, 2010
 Call No.: English 649.1 SHA-[FAM]

35 Things to Know to Raise Active Kids

Summary: This book gives 35 sporting activities that parents can introduce to their children. The writer recommends activities which range from traditional sports like basketball and tennis to everyday tasks like making household chores fun and walking in the mall. This is a useful and easy book to get more ideas to occupy children in a healthy way.

Where to seek help

If you require more information or advice, please call Health Promotion Board's HealthLine at 1800 223 1313 to speak to our nurse advisors or visit www.hpb.gov.sg

Student Health Centre

If your child has been identified as being severely overweight (BMI-for-age $\geq 97^{\text{th}}$ percentile) by the school and is given an appointment to attend the medical assessment at the Student Health Centre, Health Promotion Board, please bring your child for this appointment.

If you prefer to bring your child to your family doctor, please cancel your child's appointment at the Student Health Centre. Contact us at Tel: 6435-3895 or by Fax: 6438-7166; or Email: HPB_SHC@hpb.gov.sg

Useful websites

HEALTH & SPORTING ACTIVITIES

ActiveSG

www.myactivesg.com

National Parks Board

www.nparks.gov.sg

COMMUNITY CLUBS

People's Association

63456163

www.one.pa.gov.sg

Healthier Child, Brighter Future

The Healthier Child, Brighter Future (HCBF) initiative is Health Promotion Board's child health strategy. It aims to establish strong foundations of health and wellbeing for all children from the pre-natal stage of their lives and through their childhood years. HCBF is a call to action for parents like you to influence the health of your children and set them on the path to achieve their fullest potential. You will be equipped with knowledge and skills to provide your children with a healthy head start to a brighter future.

Cultivate healthy habits early. Set a healthy example.