

Is My Child Gaining Too Much Weight?

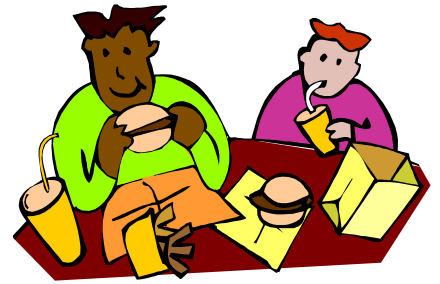
Pre-reading

Questions:

- Do you worry about your child weighing too much for their age?
- What should you do if your child weighs too much for their age?

Definitions:

- Advice – an idea or opinion offered to a person as help in making a choice or decision
- Evaluate – to look at and judge carefully
- Growth Chart – a chart that shows how much your child should weigh for their height and age



Reading

20 About one out of every eight children is overweight. It may be difficult to tell if your child has gained
41 too much weight. Growth in height and weight doesn't always happen at the same time. If a child is heavy,
61 it may simply mean that he or she is getting ready to grow taller. Parents often compare their children to
81 other children of the same age. This is not very helpful because children come in all sizes and shapes. It is
normal for some to be taller and heavier while others are shorter and lighter.

95 If you are concerned about your child's weight, ask your doctor for advice. The doctor can use a growth
114 chart to determine if your child is growing at an **appropriate** rate. If you have been recording your child's
133 height and weight at different ages, give this information to your doctor. This helps him or her when
151 evaluating your child's growth rate.

156 There are different things that cause children to become overweight. The most common causes are a
172 lack of exercise and unhealthy eating.

178 If you find that your child is gaining too much weight, decide carefully what to do about it. Limiting the
198 amount of food a child eats can be harmful. The child may feel a need to hide away food, or the child might
221 overeat when food is available. The best thing to do for an overweight child is to encourage regular exercise
240 and to help the child eat healthy meals and snacks.

250 Here are some suggestions:

- 254 ♦ Be a role model by eating healthy foods and exercising regularly.
- 266 ♦ Make sure that you have good food choices, like fresh fruit, available for snacks.
- 281 ♦ Limit the amount of time your child spends watching TV or playing video games.
- 296 ♦ Plan for meals and snacks to be served on a regular schedule.
- 309 ♦ Encourage active play every day for your child.
- 318 ♦ Limit high-fat and high-calorie foods at your house.
- 327 ♦ Introduce healthy foods at an early age.
- 335 ♦ Make sure your child knows that you will love them regardless of their size and shape.

352 Adapted from University of Wisconsin Info Source

Level 6.0

