

SETTING AN EXAMPLE

As the first teachers in a child's life, parents play a critical role in teaching healthy behaviors and modeling those lifestyles. As your baby grows you will influence their nutrition habits including how much water they drink.

In one study, kids age 12 said that their mom and dad ranked highest as their nutrition role models. In that same study, 70% of kids said their mom or dad is the best person to talk to about nutrition¹. Remember, as the most influential person in your child's life, he or she will learn about the importance of water drinking from you even at a young age. That's why it is good to instill this practice early on.



At age 1, toddlers do what they see. At this age they begin to understand that the actions he or she is copying have significance. Research suggests that when parents have healthy diets and drink water their children tend to have more healthy behaviors during childhood². When children have one parent that is at an unhealthy weight, there is a 50% chance they will also be at an unhealthy weight. When both parents are at an unhealthy weight, children have an 80% chance of being at an unhealthy weight³.



TIPS OF THE WEEK

- Children learn healthy nutrition behaviors from parents at an early age.
- Set a good example for your child by drinking water instead of sugary drinks.
- Limit the different types of beverage options in your home to make it easier

WHAT YOU CAN DO?

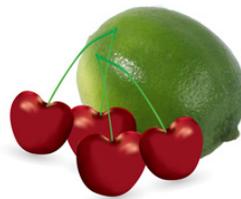
Be a good role model. Drink water, instead of sugar-based or caffeinated beverages. Limit the options: Don't put a lot of different types

of beverages in your home. By limiting your choices, it will be easier for you to choose water over other things when you are thirsty.

RECIPE OF THE WEEK**CHERRY-LIME**

- 6 cups of water
- 2 cups of halved cherries
- 2 thinly sliced limes

Add sparkling/bubbly water if desired

**Directions:**

1. Add all ingredients into a large pitcher
2. Using a wooden spoon, gently mash ingredients and mix
3. For best results, let it sit in refrigerator overnight or for a couple hours before drinking

RESOURCES:**CHOOSE HEALTH LA**choosehealthla.com**REFERENCES:**

1. Tibbs, T., Haire-Joshu, D., Schechtman, K. B., Brownson, R. C., Nanney, M. S., Houston, C., & Auslander, W. (2001). The relationship between parental modeling, eating patterns, and dietary intake among African-American parents. *Journal of the American Dietetic Association*, 101, 535-541.
2. Scaglioni, S., Salvioni, M., & Galimberti, C. (2008). Influence of parental attitudes in the development of children eating behaviour. *British Journal of Nutrition*, 99(S1), S22-S25.
3. American Academy of Child and Adolescent Psychiatry (2011). Obesity in children and teens. Facts for Families, 69. http://www.aacap.org/aacap/Families_and_Youth/Facts_for_Families/Facts_for_Families_Pages/Obesity_In_Children_And_Teens_79.aspx