

Focus on health, not weight.

Children who appear overweight can be teased or bullied because of their size. This can lead to feelings of low self-esteem and poor body image.



If your child is overweight, avoid talking about weight as a problem that needs to be solved. Help them realize that their character is much more important than their looks. Encourage healthy lifestyle choices at home because they are good for your family's overall health, and not for the purpose of losing weight.

