**Helping Children Grow Healthfully:**

**Talking to Parents of Overweight/Obese Children**

**Affirmations**

* I can see you are a concerned parent and you want the best for your child.
* I can see you are trying very hard to guide your child.
* I can see you care very much about providing a healthy environment for your child.
* Your child is fortunate to have a parent who cares so much.
* **Additional affirmations for parents who have made positive change**
  + - You are a good role model by …..
    - You have made a lot of healthy changes in feeding your family.
    - Your child is fortunate to have a parent who cares so much.
    - You are doing a great job ……….
    - That is quite an accomplishment!
    - Good for you! I know that ....took a lot of commitment and hard work!