

HEALTHY WEIGHT FOR MY CHILDREN

- In the United States, your child will experience change. This may include a change in diet and getting less physical activity. This change can put your child at risk for becoming overweight.
- There is no one correct weight for a child, but there is an ideal weight range. Your family doctor will help you determine a healthy weight for your child.
- Weighing too much or too little can be a problem for your child's health.
- Some of the health problems of overweight children may include:
 - › Diabetes, high blood pressure
 - › Difficulty sleeping
 - › Depression
 - › High cholesterol
 - › Difficulty breathing
 - › Low self-esteem
- If your child is underweight be careful not to over feed your child. It is easy for children that are underweight to become overweight. Underweight children should be monitored by a doctor.

