

## Be a role model to your child

Children learn from copying the behaviours of those they see around them. As a parent, practitioner or adult who is in close contact with children it is important that the behaviours they see and copy are positive.

### As a role model allow children to see adults:

- Eating fruit and vegetables at snack time
- Being involved in active play and physical sessions
- Participating in family meal times
- Modelling skills such as throwing, jumping, balancing and sharing
- Food shopping and preparing food
- Enjoying being active and having fun

### As a role model encourage and support children by:

- Encouraging them to learn to eat a variety of foods
- Praise them when they try a new activity or food
- Talk to them about food and making healthy choices
- Encourage them to play with others.
- Involving children in food shopping, food preparation and meal times.
- Help them to find activities they enjoy and to understand the importance of moving.

### Do it together:

If we are trying to change children's behaviours then it is important to do it together. Remember it only takes a little to achieve a lot and it is easy to introduce healthy eating and activity behaviours into routines so that they become part of your everyday life.

Have a look at our pages on:

- 2 snacks max**
- 180 minutes**
- Me sized meals**
- Avoid Inactivity**
- 5 a day**
- Physical activity aids learning**

## Susy Startwell Role Model

