



Nutrition Therapy & Counseling
of Doylestown Hospital

Healthy Kids: Foods and Moves

An 8-week program for 8 to 12 year olds and their parents

Objectives:

- To educate parents and children on good nutrition, exercise, self-esteem, communication skills, and healthy body image in practical ways that meet a busy family's schedule and budget
- To encourage gradual weight loss, if needed, or weight maintenance in a safe way using proper language and positive lifestyle modifications
- To discourage a “dieting” approach to weight concerns, as weight loss for children and teens which focuses on weight as a number on the scale and food restriction can lead to an unhealthy relationship with food, eating disorders, and/or lifelong personal struggle

Nutrition:

- Led by a Registered and Licensed Dietitian/ Nutritionist certified in Pediatric Weight Management; first meeting is one-on-one with parents only for individualized action plan
- Families are exposed to wholesome foods, easy to prepare and obtain, at a grocery store, at a restaurant, in cooking classes and through fun program activities and games
- Kids and parents set goals and track daily: family time spent discussing each participant's progress, time spent with TV and screens, time spent in exercise, eating meals as a family, eating an energizing breakfast, limiting “sometimes” foods (high calorie/fat/sugar foods), and trying new foods with a focus on fruits and vegetables

Exercise:

- 30 minutes weekly with degreed fitness trainers; parents and children participating in the same exercise together
- Education on meaningful exercise and everyday activities which can be done throughout the week without need for equipment or sports
- Group games and use of Cornerstone Fitness Center equipment and pool

Mental Health:

- Specialist with children and families, licensed professional counselor
- Bullying concerns and strategies addressed
- Self-esteem and communication activities for parents and children