



Grandparents Corner

March 2016

Children and Overeating

We all know that overeating as adults can lead to obesity; this is as well for children that overeat. Learning to prevent overeating helps your child maintain a healthy weight.

Overweight and obese children face serious health conditions such as high blood pressure, Type 2 Diabetes, and heart disease. Eating too much and not getting enough exercise leads to the extra weight gain.

Kids and teens overeat for several reasons:

- Frequent Snacking - Kids snack sometimes because they are bored, depressed, anxious or stressed. Sometimes, it gives them something to do while watching TV. Try to limit snacks to two times a day. Buy fewer high-fat and high-sugar snacks, and offer healthy snack choices such as fruits or vegetables. Limit screen time (watching TV or playing video games) and encourage physical activity to relieve boredom or stress. Talk with your child about whatever is bothering them and help find healthy ways to deal with emotions.
- Skipping Meals - Skipping a meal, especially breakfast, could lead to children being more hungry, tired, and more likely to snack on less healthy foods later in the day. Encourage your child to eat three balanced meals a day by serving a variety of nutritious foods and drinks. Limit sugary drinks and soda. Fixing meals at the same time every day may prevent less snacking before meals.
- Larger Portion Sizes - In restaurants and in our homes, portion sizes have increased. By serving larger portion sizes, you may be encouraging your child to eat more than they need. Start with smaller portions and let your child ask for more food if they are still hungry.
- Eating Out - Busy families often eat out especially on weekends. Kids and adults tend to eat more at fast-food restaurants with their “super-sized” portions of fries and at all-you-can-eat buffets. Encourage children to continue with healthy eating habits and portion control when eating out.

Healthy eating and regular physical activity habits are key to maintaining a healthy weight. Help your child on their path toward wellness and better health by preventing overeating.

Source: United Healthcare - www.unitedhealthcare.com

QUICK QUIZ

Caregiver Assistance Newsletter - March 2016

Sometimes, people with Alzheimer's use salty language, especially when in pain, which they never would have used before they became ill. Don't be offended. It is the disease speaking. Read the issue and answer True or False to the questions below.

1. People with dementia can always tell you in words that they are in pain, or even where the pain is located. T F
2. A person with dementia always understands what the doctor is asking about their pain. T F
3. Rubbing or protecting one part of their body may be a sign of pain. T F
4. A person with dementia can fall and break a bone, and not complain of pain.
T F
5. You should not try to take the person with dementia to the emergency room on your own. T F
6. In the emergency room, inform all staff members that the senior has Alzheimer's disease and may not be able to provide accurate information about their condition or follow instructions. T F
7. A major cause of emergency room visits for frail or demented older adults is dehydration. T F
8. The caregiver or loved one knows what behavior is typical and that a change in behavior perhaps indicates pain. T F
9. Increased agitation, aggressive behavior, pacing or rocking can be a sign of pain.
T F
10. Dehydration occurs when a person is either not getting enough liquids daily or excreting too much urine. T F

KEY: 1. F 2. F 3. T 4. T 5. T 6. T 7. T 8. T 9. T 10. T