

November 2013 Health and Wellness Calendar

Helping Your Child Maintain a Healthy Weight

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Concerned about your child's weight? Talk with his or her doctor.	2
3	4	5	6 Tell your kids you love them no matter how much they weigh.	7	8	9
10	11	12	13	14 After dinner, take a walk instead of sitting on the sofa.	15	16
17	18	19 Don't use food as a reward.	20	21	22	23
24	25 Ask your kids to help you prepare healthy meals.	26	27	28	29	30