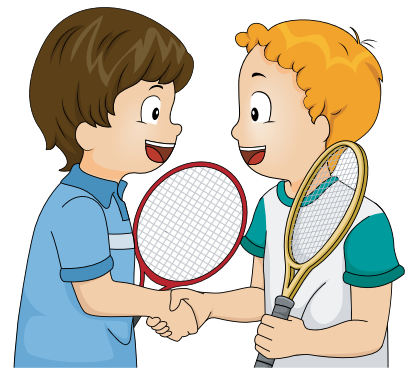


PARENT TALK

Katy parents share tips on common topics we all face



Q *How can I help my child choose a healthier lifestyle?*

Start Early

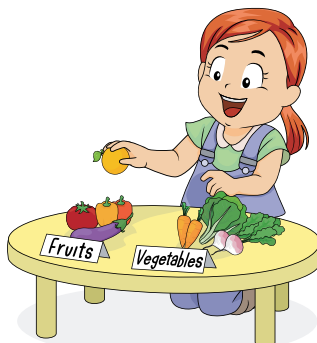
“Start as soon as he is eating solid foods. Only prepare one meal at mealtime instead of cooking according to everyone’s preference, and make sure the meals include lean protein and lots of veggies.” - B.T.

No Fast Food

“Avoid the drive-thru. It’s sometimes easy when you have a busy schedule, but children become ‘addicted’ to the salt and sweets. Find simple and fast recipes you can make on days you know you have a full schedule.” - L.H.

Get Moving

“Instead of praising your child with sweets, schedule fun, interactive activities instead. Play a board game or go to the park together.” - G.U.



Q *What should I do if my daughter wants to drop out of an activity?*

Talk About It

“Figure out if the activity is having a negative impact or if she is just avoiding something. Talk to her about why she wants to quit and if the reasons are valid, you should let her.” - F.W.

Continued Encouragement

“Watch her during the activity and see her reactions. Some sports take longer to learn and she may just be getting frustrated. Encourage her to continue trying and don’t let her quit in the middle of the season. It’s not fair to her teammates.” - J.A.

Teachable Moment

“After talking about why she wants to quit, tell her the reasons why she shouldn’t. This is a great opportunity to teach responsibility and what it means to be held accountable for something.” - B.Y.

Q *My son is in junior high and he is having trouble making friends. How can I help?*

Get Involved

“You could try encouraging him to join a club or a sport at school. This is a great way to meet new people and he’ll already have something in common with them.” - A.Q.

Give It Time

“Talk to him about why he thinks he can’t make friends, but don’t force anything on him. Don’t try to make friends for him because this will only make the situation worse. Allow him to participate in activities he enjoys and he will eventually make his own friends.” - T.F.

Open Your Home

“Let your son bring people over to your house. Keep your home warm and inviting and the kids will continue to come over and hang out, allowing the friendships to grow.” - F.W.

Have helpful tips to share? Join our parents panel!

Email editor@katymagazine.com or visit Katy Magazine’s Facebook page and watch for parent talk questions posted regularly!

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