



# **The Everything Parent's Guide to the Overweight Child: Help Your Child Lose Weight, Develop Healthy Eating Habits, and Build Self-confidence (Everything®)**

*Paula Ford-Martin*

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# The Everything Parent's Guide to the Overweight Child: Help Your Child Lose Weight, Develop Healthy Eating Habits, and Build Self-confidence (Everything®)

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## **The Everything Parent's Guide to the Overweight Child: Help Your Child Lose Weight, Develop Healthy Eating Habits, and Build Self-confidence (Everything®)** Paula Ford-Martin

If your child is overweight, he's not alone. According to the American Obesity Association, more than 30 percent of children ages 6 to 19 are now overweight. And half of those children are obese. You're worried about your child's health-and don't know what to do. Is your child's weight due to overeating? Lack of exercise? Genetics? The Everything Parent's Guide to the Overweight Child provides you with valuable insight on what causes children to become overweight and how to help them to change their eating habits and become more physically active. Most important, you'll learn what you can do to break the cycle of obesity that can lead to severe medical problems in the future. Author Paula Ford-Martin helps you: Prevent emotional overeating; Increase family awareness and sensitivity; Beat fat and calories when dining out; Incorporate physical activity into everyday routines; Track progress with journal entry pages. The Everything Parent's Guide to the Overweight Child provides the professional advice you need to deal with this sensitive issue, motivating your child to eat well, get active, and stay healthy.

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