

# Summer Weight Gain for Kids

In a new study of Kindergarteners through second graders, scientists reported a weight gain during the summer months. The rate of overweight increased from 23% to 29%. The obesity rate rose from 9 to 11.5%.

The exact cause of this weight gain is unclear. Increased intake of food, less exercise or irregular schedules could all contribute. Parents can take charge to help their family adopt healthy summertime behavior.

Lead by example. Studies show that kids often take after their parents when it comes to unhealthy habits. This summer, create healthy habits for you and your kids.

- Reduce the amount of junk food in your home.
- Buy fresh fruits and vegetables. Shop together at a local farmer's market.
- Eliminate sugar sweetened drinks: sodas, juices, energy drinks and sports drinks. Replace with water and low-fat milk.
- Increase daily physical activity.
- Reduce time spent on phones, tablets, and computers and in front of the TV.
- Spend family time outdoors. Walk in the evenings. Take hikes. Go to the playground. Swim.
- Enforce a regular bedtime schedule – *every night*. Less and disrupted sleep are associated with a higher BMI and weight gain.

- Adopt a plan for healthy eating. Make menus. Shop for healthy food with your kids.



*Brought to you by Parent Help Line at HSHS St. John's Children's Hospital  
to help keep kids safe, healthy and happy.*



**Call the Parent Help Line. Help is just a phone call away.**

1-217-544-5808 or 1-888-727-5889  
10 a.m. to 10 p.m., 7 days a week  
[www.parenthelpline.org](http://www.parenthelpline.org)

*Revised 2017*

