

# **A Special Message for Grandparents**

**Children are a very important part of our Indian families. We all love our grandchildren and want them to grow up healthy and strong. But there is a big problem in Indian communities with children getting diabetes at a very young age.**

**We often show love to our grandchildren by providing them with foods that they really like. But often these foods aren't healthy for our children.**

**As grandparents, we can help prevent diabetes and other health problems in our young children. Children need to be given healthy food and plenty of physical activity. This will help them grow up well and strong without diabetes or heart problems.**

# What can you do?

Support your children in their efforts to feed healthy foods and encourage active play in your grandchildren.

## Be a good role model for grandchildren.

- Eat healthy foods such as fruits and vegetables in front of your grandchildren.
- Let your grandchildren see you being active.
- Drink water instead of sugary drinks or tea.
- Limit television time to less than 1 hour a day or keep it off when grandchildren are visiting.

## Give children the gift of healthy foods.

- Provide fruits and vegetables as healthy snacks.
- Try water when children are thirsty instead of sugary drinks like soda, Hi-C and Kool-Aid.
- Save sweets and other unhealthy foods such as fry bread, chips, cookies, cake, etc. for special occasions.

## Let children make choices about eating.

- Let children decide whether they want to eat.
- Let children decide when they are finished eating.
- Let them choose which foods of those you offer to eat.
- Don't encourage children to finish all of their food or to eat more food-only they know when they have had enough!

## Show children you love them by doing things with them instead of giving food.

- Play games together.
- Tell stories, sing or read to them.
- Do traditional dances together.
- Buy bubbles, a ball or water squirt toy as a treat instead of candy, chips or sugary drinks.
- Go for walks together.
- Start a garden.