

Assessment

Tips

Here are some tips that can help providers, parents, and children improve weight loss management:

- **Conduct regular check-ins:** Frequent check-ins from providers via phone and weekly visits offer a chance to identify successes with both children and their families. This type of interaction helps to increase motivation.
- **Encourage family-based support:** Research shows that the most successful intervention for childhood obesity follows a family treatment model. This means that the entire family should adopt healthy lifestyle and behavioral changes rather than only an individual child.
- **Reward successful change:** Children and families should develop low-cost, practical, and non-food-based rewards for successful weight management behaviors. Examples include fun outings with friends and families, books, toys, or other related items.