

## Additional resources for parents

### Websites on Healthy Eating and Physical Activity for Children and Families:

#### **Weight Control Information Network**

<http://win.niddk.nih.gov/publications/child.htm>

This website is funded by the National Institutes of Health and provides many free publications to parents about healthy eating, physical activity, and obesity. Tips for parents include resources on how to help children eat better and be more physically active and ways to help your overweight child. The website also provides sources for additional reading for parents and other useful websites. In addition, the website offers many free resources that address a range of nutrition, obesity, and health topics that are helpful for the whole family.

#### **We Can! Ways to Enhance Children's Activity & Nutrition**

<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/>

WeCan! is a national education program designed for parents and caregivers to help children 8-13 years old stay at a healthy weight, with goals of improving food choices, increasing physical activity, and reducing TV viewing time. Resources include a 200-page toolkit for community action, a parent handbook, booklets on increasing healthy behaviors, research information on childhood obesity, bilingual fact sheets on nutrition, physical activity, and heart health, quizzes, posters, banners, healthy recipes, and tips for improving family nutrition and physical activity.

#### **Centers for Disease Control and Prevention – Overweight and Obesity Resources**

<http://www.cdc.gov/nccdphp/dnpa/obesity/resources.htm>

This website provides general information about weight, nutrition, and health, as well as information on childhood obesity, weight loss, and educational resources on these issues.

#### **United States Department of Agriculture: My Pyramid**

<http://www.mypyramid.gov/>

This website provides information and resources about ways to make healthy food choices, offers you a personal eating plan with the foods and appropriate amounts, and offers a detailed assessment of your food intake and physical activity level. There are special materials and games for children, as well as food plans designed for children as young as age 2.

## Websites on Ways to Help Children Who are Teased or Bullied

### Montana State University: Children and Bullying: A Guide for Parents

<http://www.montana.edu/wwwpb/pubs/mt200307.html>

This website provides a guide for parents of children who are being bullied. The guide provides education about different forms of bullying, consequences of bullying, strategies to talk to children, and ways that parents can help.

### NYU Child Study Center: About Our Kids

<http://www.aboutourkids.org/aboutour/articles/bullies.html>

This website provides a comprehensive article called “Bullies: More Than Sticks, Stones, and Name Calling” – which provides information about bullying and ways that parents can help their children.

### National Youth Violence Prevention Resource Center

<http://www.safeyouth.org/scripts/parents/index.asp>

This comprehensive website provides tools and education for parents on issues of bullying and violence in schools, ways for parents to look for and respond to warning signs of bullying, and resources on how to talk with children/teens who are being bullied.

### National Women’s Health Information Center: Girls Health

<http://www.girlshealth.gov/parents/bullying.cfm>

This website provides comprehensive resources and tools for parents of girls who are being bullied. The site includes fact sheets, tips for parents, free publications, bullying prevention strategies, and education for both children and their parents on bullying issues.

### National Association of School Psychologists: Bullying Prevention

[http://www.naspcenter.org/resourcekit/bullying\\_new\\_rk.html](http://www.naspcenter.org/resourcekit/bullying_new_rk.html)

Provides facts about school bullying, why it occurs, and what schools and parents can do to intervene and help prevention bullying.