



## Helping parents support teenagers to eat healthy, be active and sleep well

- Lead by example – research shows that adults have a big influence on younger people in their household. Role model the behaviour that you would like your teenagers to follow. You need to eat well, be active, have some screen-free time and not stay up too late.
- Don't nag your teenagers about what they are eating. They need to make their own choices. But you can help make it easier by having some quick healthy options in the kitchen, for example, fresh fruit; nuts; homemade popcorn; low-fat, low-sugar yoghurt. If they really are hungry, they will eat them. Don't buy chippies, soft drinks, pies, packets of biscuits and confectionery.
- Have your teenagers help you prepare dinner. This will teach them some great skills for when they leave home.
- If everyone is busy, rather than getting in takeaways, try cooking two nights' meals at a time, then you can just heat and eat on the second night. Prepare meals in advance and put them in the freezer.
- When dishing up, try to make sure that at least half the plate or bowl is filled with vegetables.
- Try using smaller plates or bowls.
- Don't have extra bread on the side.
- If you are used to having something sweet after dinner – make it sliced fruit.
- Encourage your children to do their homework earlier in the evening if possible so they don't need to stay up late.
- Disconnect the Wi-Fi after a certain hour each night.
- Have a rule of no screens on while eating meals.
- Try to keep the weekend sleep and meal times similar to the weekdays (within a couple of hours).
- Encourage your children to be more active by getting them to help with jobs around the home, like vacuuming, hanging out the washing, mowing the lawns, etc. This will also help them learn useful skills for later in life.

