

Patient Information

Top Tips for Leading by Example

As a parent you know that children watch what you say and do very carefully. Any difference between your words and actions is picked up quickly. Because of this it is really important to try to adopt a 'do as I do' approach rather than a 'do as I say' approach and not to appear to be 'above the law'. If you can put in place healthy behaviours in your own life, you are helping to set the foundation for your child to become a healthy, active adult.

You may not need to make the same changes as your child but even if you are a healthy weight, there are likely to be things that you could change that would make you healthier. It might be eating more fruit and vegetables, being more active, cutting back on alcohol or giving up smoking.

Don't worry about being 'perfect' just work on one or two changes that you are ready to put into action. Let your child know what these are and that you are going to do your best to make these changes. If mistakes happen and you slip up, acknowledge it and then get ready to get back into making the change again. This will show your child that you are willing to persevere, even when the going gets tough.

Deciding what you are going to change is down to you but some suggestions are listed below if you are in need of some inspiration.

Healthy eating

- Taking time for a balanced breakfast.
- Packing a healthy lunch for work.
- Drinking plenty of water at home and at work.
- Eating healthy snacks at home.

Active living

- Walk or cycle to work instead of driving.
- Take the stairs instead of the lift.
- Park further away from the school, cinema or shops so you can walk/chat together.
- Be active during your children's clubs and lessons; do a different class whilst they are in theirs or take a walk while they are on the football pitch.
- Try some of the activities your child enjoys (e.g. tennis).
- Engage with them as they play (e.g. jog close by whilst they scoot/skate).
- Introduce your children to the physical activities you enjoy like cycling or hiking.
- Find new ways to play actively with your children – hide and seek in the woods, geocache treasure hunts, sand artwork and assault courses!

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Review Date: SEPT 2019
Leaflet code: PWM