



Feeding the under 3s
the food they need

How to maintain a healthy weight for toddlers

Guidance & Tips for Parents

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OBESITY IN TODDLERS:
THE FACTS



OBESITY IN TODDLERS:
THINGS THAT HELP



Obesity was once unusual in toddlers but, as in other age groups, it is now becoming increasingly common. Medical causes of obesity are very rare and most children become obese because of their lifestyle. There are things you can do as a family that will help your toddler adopt a healthy lifestyle and prevent obesity at this early age and later in childhood. Below are some key facts about obesity in toddlers and practical tips to make lifestyle changes.

- Obese children tend to remain obese as they grow up and become adults.
- Obese children have a weight that is too great for their height. The excess weight is stored as fat which affects their health.
- Children who are obese are more likely to get health problems such as asthma, high blood pressure, heart disease and diabetes. They are also more likely to be bullied.
- There are no medicines to treat young children who are obese. The only way to help toddlers and children overcome obesity is to increase activity and change the type of foods that the whole family eats.
- Toddlers learn by copying you and others around them. The whole family making changes towards a healthy family lifestyle while your child is a toddler will help to prevent them becoming overweight or obese as they get older. In this way toddlers learn and develop healthy habits.
- If toddlers are overweight or obese they do not have to lose weight. By staying the same weight they will get slimmer as they grow taller.