

References

- ▶ When Pandemics Collide: The Impact of COVID-19 on Childhood Obesity <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7657263/>
- ▶ COVID-19: a one-way ticket to a global childhood obesity crisis? <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7644278/>
- ▶ Overweight & Obesity <https://www.cdc.gov/obesity/data/childhood.html>
- ▶ Childhood Obesity Causes & Consequences <https://www.cdc.gov/obesity/childhood/causes.html>
- ▶ Four Types of Parenting Styles <https://www.verywellfamily.com/types-of-parenting-styles-1095045>
- ▶ American Academy of Pediatrics Screen Time https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Children-And-Watching-TV-054.aspx

Additional Resources

Nutrition related resources for Parents

- ▶ **Gardening with kids** <https://www.hgtv.com/outdoors/topics/garden-types/family-gardening>
- ▶ **Involving kids in growing, picking, and cooking** <http://www.webmd.com/diet/features/boost-your-familys-interest-in-healthy-foods?page=2>
- ▶ **Cooking with kids** <https://cookingwithkids.org/recipes/>
- ▶ **Food games to play** https://www.momjunction.com/articles/food-games-for-kids_00472325/
- ▶ **My Plate** <https://www.choosemyplate.gov/eathealthy/WhatIsMyPlate>
- ▶ **Vegetarian habits that help even if you eat meat** <http://time.com/3755351/5-vegetarian-habits/>
- ▶ **Behaviors that may make you eat more** <http://time.com/3905789/why-eat-more-behavior/>
- ▶ **Mediterranean diet information** <https://oldwayspt.org/traditional-diets/mediterranean-diet>
- ▶ **Whole grain recipes** <https://www.serious-eats.com/roundups/whole-grain-recipes>
- ▶ **Healthy portions for adults** <https://nutritiouslife.com/live-consciously/healthy-portion-sizes/#:~:text=%20Healthy%20Portion%20Sizes%20%201%20Vegetables.%20Theis%20usually%20a%20good%20portion%20size.%20More%20>
- ▶ **Healthy recipes** <http://www.foodnetwork.com/healthy-eating/index.html>

Additional Resources

Physical activity related resource for parents

- ▶ **Being active at home** <https://www.wikihow.life/Be-Active#:~:text=Part%20of%203%3A%20Taking%20the%20First%20StepsExercise%20while%20watching%20TV.%20%20More%20items%20>
- ▶ **How much activity do kids need?** <https://www.cdc.gov/physicalactivity/basics/children/index.htm#:~:text=Children%20and%20adolescents%20should%20do%2060%20minutes%20%281brisk%20walking%2C%20or%20vigorous-intensity%20activity%2C%20such%20as%20running>
- ▶ **My Plate Activity** <https://www.choosemyplate.gov/resources/physical-activity>
- ▶ **Guidelines for Adults** <http://www.health.gov/paguidelines/>
- ▶ **Family activity** <https://getwalkabouts.com/activitiesforallages/>
- ▶ **Activities for various ages** <https://parenting.firstcry.com/articles/30-indoor-and-outdoor-physical-activities-for-kids/>
- ▶ **Video for children's activities** <https://www.youtube.com/watch?v=dhCM0C6GnrY>

Additional Resources

Stress relief for parents and kids

- ▶ **Games** <https://www.silvergames.com/en/t/stress-relief>
- ▶ **Stress relief for adults** <https://mental-health-matters.com/control-your-emotions-top-5-stress-relief-games/>
- ▶ **Stress relief ideas** <https://www.citrusleep.com/lifestyle/best-fun-stress-relief-games-and-activities>
- ▶ **Making music** <https://www.webmd.com/balance/stress-management/features/how-making-music-reduces-stress#1>
- ▶ **Zen radio** <https://www.zenradio.com/stressrelief>
- ▶ **Spiritual resources** <https://www.takingcharge.csh.umn.edu/enhance-your-wellbeing/purpose/spirituality/develop-your-spiritual-resources>
- ▶ **Conflict resolution** <https://www.skillsyouneed.com/ips/conflict-resolution.html>
- ▶ **Mental health/coping with stress** <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

Additional Resources

Parenting

- ▶ **Be a healthy role model** <https://www.choosemyplate.gov/ten-tips-be-a-healthy-role-model>
- ▶ **Authoritative parenting** <http://www.youtube.com/watch?v=wzgLnX8rm0w&NR=1>
- ▶ **Why authoritative parenting?** <https://www.verywellfamily.com/are-you-an-authoritative-parent-why-this-is-the-best-approach-3964005>
- ▶ **More info on authoritative parenting**
- ▶ https://www.momjunction.com/articles/what-is-authoritative-parenting_00376548/#:~:text=Authoritative%20Parenting%20Style%20-%20Characteristics%20And%20Effects%201both%20strict%20and%20flexible.%20%20More%20items%20
- ▶ <https://www.verywellmind.com/what-is-authoritative-parenting-2794956>
- ▶ <https://www.parentingscience.com/authoritative-parenting-style.html>