



DEDICATED TO THE
HEALTH OF ALL CHILDREN

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AAP News

AAP widget engages parents in obesity prevention

AAP Division of Quality

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The online version of this article, along with updated information and services, is located on the
World Wide Web at:

<http://aapnews.aappublications.org/content/35/4/20.2>

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American Academy of Pediatrics

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Tech Tip

AAP widget engages parents in obesity prevention

from the **AAP Division of Quality**

Recent literature suggests that behaviors that prevent or promote obesity are established in the first years of life, including eating habits, sleep routines, feeding relationships and food preferences. Creating and maintaining healthy habits in early childhood are critical to a child's future health patterns.

As part of its Healthy Active Living for Families project, the AAP Institute for Healthy Childhood Weight has created a Quick Tips widget for parents with young children. The widget provides strategies to engage families in healthy active living beyond discussions at well-child visits. Information is offered on topics specific to a child's age and family's needs, including:

- breastfeeding,
- bottle-feeding,
- starting solid food,
- picky eaters,
- snack time,
- routines and schedules,
- physical activity,
- screen time and
- sleep.

To access the Quick Tips widget, visit: www.healthychildren.org/growinghealthy. To add the widget to your practice website, visit www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/ HALF-Implementation-Guide/Healthy-Children-Widgets/Pages/Widgets.aspx.

If you would like to share a first-hand experience using technology, such as software, program, app, widget, etc., to improve patient care or practice management, email submissions of 250 words or less to Cathleen Guch at cguch@aap.org.

Quick Tips

Keep Your Child Healthy

1: My child is:

0 to 1 years 1 to 3 years 3 to 5 years

2: Boy Girl

3: I want tips on:

- Breastfeeding
- Bottle-feeding
- Starting solid foods
- Picky eaters
- Snack time
- Routines and schedules
- Physical activity
- Screen time (tv & online)
- Sleep

GET TIPS

 **healthychildren**
Powered by pediatricians. Trusted by parents.

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