

Tips for parents to help prevent and address **childhood obesity**

What the Experts say



Children below 2 years

Breastfeed for as long as possible where feasible



Responding quickly to your child's needs (feeding, sleep, play and emotions) can help instil healthy eating behaviours and is associated with lower BMI scores at 3 years old

Limit the intake of high protein foods when complementary feeding

There is **no evidence to recommend reduced-fat cow's milk** to prevent childhood obesity

