



# ARE YOU ENSURING THE SUCCESS OF YOUR CHILD BEING OBESE?

## DID YOU KNOW?

- RECENT RESEARCH FOUND THAT CHILDHOOD OBESITY IS STRONGLY ASSOCIATED TO SHORTEN SLEEP DURATION

## SIGNS AND SYMPTOMS

- DOES YOUR CHILD EAT OFTEN OR FEEL HUNGRY ALL THE TIME?
- DOES YOUR CHILD SHOW SIGNS OF CHRONIC DAY TIME FATIGUE?
- YOUR CHILD'S WILLINGNESS TO PARTICIPATE IN PHYSICAL ACTIVITIES HAS DECREASED?
- YOUR CHILD DOES NOT PARTICIPATE IN PHYSICAL ACTIVITY

## QUICK FACT

CHILDHOOD OBESITY IS DIRECTLY RELATED TO BULLYING AT SCHOOL CAUSING SEVERE SYMPTOMS OF DEPRESSION AND IN SOME CASES SUICIDES.

WANT TO LEARN MORE?  
VISIT US AT [HTTP://CSHF.WEEBLY.COM](http://CSHF.WEEBLY.COM)

## RECOMMENDATIONS

- YOUR CHILD SHOULD SLEEP FOR 10 TO 11 HOURS PER NIGHT
- YOUR CHILD NEEDS TO EATS A BALANCED DIET RECOMMENDED BY CANADA'S FOOD GUIDE
- ENSURE YOUR CHILD PARTICIPATES IN PHYSICAL ACTIVITY OUTSIDE OF SCHOOL

THE CHILDREN'S SLEEP AND HEALTHCARE FOUNDATION IS HERE TO SUPPORT AND EDUCATE FAMILIES AND PARENTS THROUGH THE ALLIANCE WITH OTHER HEALTH CARE PROFESSIONS AND ORGANIZATION ABOUT CHILDREN'S SLEEP, HEALTH CARE AND WELLBEING



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Children's Sleep And Health Foundation