



Helping Your Child to Eat Less Using "Stoppers"

A stopper is an activity that stops eating. Activities that are incompatible with eating, such as chewing gum, playing outside, running, building models, and doing house cleaning can be stoppers. It is either difficult or almost impossible to eat while engaging in an activity labeled a stopper. To qualify as a good stopper, the activity should be something that can be begun readily. If you enjoy the activity, so much the better, although chores often meet the requirements for stoppers.

Ask your child to complete a Stoppers Worksheet like the one below. See if you can help your child identify additional stoppers that could be useful to reduce extra eating and snacking.

Name: _____ Date: _____

In the space below, write down 10-15 things you could do instead of snacking when you're feeling bored or hungry. These activities should be things that make it hard for you to eat while you are doing them.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

(<http://www.myoverweightchild.com/stoppers.html>)



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