For Grandparents and Caregivers

We have been involved with the Janeway Lifestyle Program to help us learn how to raise healthy, active children.

Our child's -health is very important to us, so as a family we are making lifestyle changes. As grandparents and caregivers, you play an important role in the health of our children. The following is some information that we have learned from the program that we would like to share with you.

Did You Know?

- NL has the highest rate of diabetes and obesity in Canada.
- 80% of children don't eat the minimum servings of fruit and vegetables per day.
- Children in NL are the least active of all Canadian children.
- Children engage in excessive amounts of screen time use every day.

Parents Today Face Unique Challenges

- There are more single parent families
- There are more families with two working parents
- There is easier access to processed food
- Children have less 'free' time
- Children are involved in more sedentary activities (such as TV, internet, and video games)

What Can You Do To Help

- Please don't give our children sweets when you see them. Instead, have a treasure box of small prizes that they can choose from.
- Have healthy food available at your house for them to enjoy. This will support the message they get from us about healthy food.
- Take our children to the playground or teach them a new game. It will strengthen their bones and muscles as well as your relationship.
- Help us by cooking one healthy meal a week.

Janeway Lifestyle Program

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