

Good Kids, Bad Habits: The RealAge® Guide to Raising Healthy Children By Jennifer Trachtenberg  
A great reference book to have around though with helpful charts like The Recommended Daily Allowance for food portions for kids 2-18 years old (and a baby chart too) as well as the Recommended Daily Physical Activity for kids and teens and lots of other helpful info to evaluate how you're doing in helping your kids develop good habits:

When kids start going on TV binges or devouring fistfuls of cookies it's easy to say They'll grow out of it, More likely they're acquiring bad habits that could lead to childhood obesity and chronic adult diseases from diabetes and depression to heart trouble and osteoporosis. But by making simple changes now you can help your children avoid these problems later. Good Kids Bad Habits supplies the tools you need starting with the unique RealAge® Healthy Kids Test. Based on the proven RealAge Test which measures biological—not calendar—age the Healthy Kids Test reveals where children are doing fine and where they're headed for health trouble, Regardless of the problem—from sleeplessness to video-game addiction—Dr, Jen has seen and solved it all working with parents and kids together, Her insightful tips preventive steps and kid smarts learned from working with thousands of children make this book invaluable, It will help your kids grow into the healthiest adults they can be—while still allowing them to be kids. Good Kids Bad Habits: The RealAge® Guide to Raising Healthy Children A friend with six kids who I really respect gave this book to me. I thought it had some great tips for raising kids with good habits. the author used clever language and rhetoric at times in her lists of things to do: I don't quite buy into the RealAge testing and aging but maybe that's just me. I used this book for a book report in the Work and Family class at BYU this week. :) Paperback I'm not sure why I checked this out of the library - its not particularly informative nor insightful. Paperback

