

## Public Health Toolkit **SOCIAL MEDIA**



### **SUMMER CHILDHOOD OBESITY**

**POST:** Making just a few lifestyle changes can help a child be healthier. Tips for parents.

<https://www.health.ny.gov/prevention/nutrition/resources/obparnts.htm>

**TWEET:** Making just a few lifestyle changes can help a child be healthier. #TipsForParents.

#HealthyKids <https://www.health.ny.gov/prevention/nutrition/resources/obparnts.htm>

**POST:** Tips for parents on how to help a child who is overweight.

<https://www.health.ny.gov/prevention/nutrition/resources/obparnts.htm>

**TWEET:** #TipsForParents on how to help a child who is overweight.

<https://www.health.ny.gov/prevention/nutrition/resources/obparnts.htm>

**POST:** What does a child-size serving of different foods look like? Get the breakdown.

<https://www.health.ny.gov/prevention/nutrition/resources/obparnts.htm>

**TWEET:** What does a child-size serving of different foods look like? Get the breakdown.

#FoodGroups <https://www.health.ny.gov/prevention/nutrition/resources/obparnts.htm>

**POST:** Put your children on the path to a healthy future during their earliest months and years.

One tip: talk about healthy eating habits at the dinner table.

<https://www.health.ny.gov/prevention/nutrition/resources/obparnts.htm>

**TWEET:** Put your children on the path to a healthy future during their earliest months and years. One tip: talk about #HealthyEatingHabits at the dinner table.

<https://www.health.ny.gov/prevention/nutrition/resources/obparnts.htm>

**POST:** Tips for buying healthier snacks for your kids -- snacks that won't break the bank.

<https://www.choosemyplate.gov/budget>

**TWEET:** .@MyPlate tips for buying #HealthierSnacks for your kids -- snacks that won't break the bank. <https://www.choosemyplate.gov/budget>

