

Trim Kids Lessons Weekly Tips

***For more information on how to set up weekly meetings, refer to Chapter 2, pgs.18-24 and Chapter 19, pgs. 238-240 of the Handbook of Pediatric Obesity: Clinical Management (Sothern, et al, Taylor and Francis/CRC Press, 2006) and pgs. Of the book, Safe and Effective Exercise for Overweight Youth (Sothern, M. CRC Press, 2014)**

First Class Meeting: Orientation		
Setting	Supplies and Equipment	Activities
Same as Free Info Session- Large multi-purpose room: <ul style="list-style-type: none"> ▪ one area with auditorium seating ▪ one area with display table ▪ one area for active play 	<ul style="list-style-type: none"> ▪ Display tables ▪ power point projector ▪ DVD player ▪ Nutrition demonstration materials, ▪ Varied exercise equipment ▪ Trim Kids educational materials (Trim Kids Book, Trim Kids Fun Fitness Zone Exercise DVD, LAPBS Kids Trimming Down 1 hour documentary and Kid Trying to Trim Down 2-DVD 6-part series) ▪ For additional information see Handbook of Pediatric Obesity, Chapter: 19 ; Appendix 1) 	<ul style="list-style-type: none"> ▪ Welcome: Allow parents to walk around and observe while children play. ▪ Introduction to program: Handout and review educational materials ▪ Question/Answer (Trim Kids book pgs.16-17) ▪ Nutrition/Exercise Demonstration ▪ Encourage parents to read Chapters 1-6 (pgs 2-77) of the Trim Kids book before next class. ▪ Late registration
Second Class Meeting: Baseline Measures		
Setting	Supplies and Equipment	Activities
Set up stations: <ol style="list-style-type: none"> 1. Weight 2. Height 3. Waist circumference 4. Questionnaires 5. Check-out 6. Optional: Body composition 	<ul style="list-style-type: none"> ▪ Measurement Forms (student chart/appendix) ▪ Scale with height stadiometer ▪ Tape measure ▪ Questionnaires (Trim Kids book, pgs. 25-28) ▪ Optional: Body composition instrument ▪ DVD player – LA PBS Kid’s Trying to Trim Down or Kids Trimming Down 2-DVD/6-part series. ▪ For additional information see Handbook of Pediatric Obesity, Chapters 7, 8, 9 and 19; Appendix 1 and 2); Safe and Effective 	<ul style="list-style-type: none"> ▪ Greet parents and send them to view LA PBS Kid’s Trying to Trim Down DVD and/or Kids Trimming Down 2-DVD/6-part series. ▪ Escort first 5 students to one of the 5 stations, rotate after each measure. ▪ Allow remaining students to play while waiting their turn at the stations ▪ Before families depart have them check in to make sure all measures were performed on their child. ▪ Encourage parents to read Part II: Week 1 (pgs. 80-105) of the Trim Kids book before next class.

Exercise for Overweight Youth, Chapters 7 & 8		
Third Class Meeting: Trim Kids Lesson/Week 1 – Ready, Set, Go!		
Setting	Supplies and Equipment	Activities
Weigh-in area Meeting room: Group seating – auditorium style Chairs for teachers, display tables, flip chart or chalkboard at front of room. Exercise area specific to the lesson plan	<ul style="list-style-type: none"> ▪ Trim Kids Book ▪ Nutrition, behavior and exercise supplies and equipment as detailed in Week 1, pgs. 80-105 of the Trim Kids book. ▪ Lessons plans in Handbook of Pediatric Obesity: Clinical Management, Chapters 12, 14, 19 and 20 and Appendix 3. Safe and Effective Exercise for Overweight Youth, Chapter 6 	<ul style="list-style-type: none"> ▪ 15-20 min. weigh-in and monitoring: Allow children to play or check food and activity records until it is their turn to weigh in. ▪ 15-20 min. group discussion: Each child introduces his or herself and gives accomplishments for the past week. ▪ 10-20 minute sessions on behavior modification, nutrition and exercise based on the information in Week I (pgs. 80-105) of the Trim Kids book. ▪ Encourage parents to read Part II: Week 2 (pgs. 106-142) of the Trim Kids book before next class.
Fourth Class Meeting: Trim Kids Lesson/Week 2 - Eating Meals and Snacks the Trim Kids Way		
Setting	Supplies and Equipment	Activities
Same as Lesson 3	<ul style="list-style-type: none"> ▪ Trim Kids Book ▪ Nutrition, behavior and exercise supplies and equipment as detailed in Week 2 (pgs. 106-142) of the Trim Kids book. ▪ Lessons plans in Handbook of Pediatric Obesity: Clinical Management, Chapters 12, 14, 19 and 20 and Appendix 3. Safe and Effective Exercise for Overweight Youth, Chapter 6 	<ul style="list-style-type: none"> ▪ 10-15 min. weigh-in and monitoring: Allow children to play or check food and activity records until it is their turn to weigh in. ▪ 10-15 min. group discussion: Each child gives accomplishments for the past week and sets one nutrition and one exercise goal for the next week ▪ 10 minute behavior session, 45 minute nutrition session, 10 minute exercise session based on the information in Part II: Week 2 (pgs. 106-142) of the Trim Kids book. ▪ Encourage parents to read Part II: Week 3 (pgs. 143-176) of the Trim Kids book before next class
Fifth Class Meeting: Trim Kids Lesson/Week 3 – Solving Problems Family Style		
Setting	Supplies and Equipment	Activities
Same as Lesson 3	<ul style="list-style-type: none"> ▪ Trim Kids Book ▪ Nutrition, behavior and exercise supplies and equipment as detailed in Week 3 (pgs. 143-176) of the Trim Kids book. ▪ Lessons plans in Handbook of Pediatric Obesity: Clinical Management, Chapters 12, 14, 19 and 20 and 	<ul style="list-style-type: none"> ▪ 15-20 min. weigh-in and monitoring: Allow children to play or check food and activity records until it is their turn to weigh in. ▪ 15-20 min. group discussion: Each child gives accomplishments for the past week and sets one nutrition and on exercise goal for the next week ▪ 10-20 minute behavior, 20-30 minute nutrition and 30-40 minute exercise sessions based on the information in Part II: Week 3 (pgs. 143-176) of the Trim Kids book.

	Appendix 3. Safe and Effective Exercise for Overweight Youth, Chapter 6	<ul style="list-style-type: none"> Encourage parents to read Part II: Week 4 (pgs. 177-197) of the Trim Kids book before next class
Sixth Class Meeting: Trim Kids Lesson/Week 4- Monitoring Your Momentum		
Setting	Supplies and Equipment	Activities
Same as Lesson 3	<ul style="list-style-type: none"> Trim Kids Book Nutrition, behavior and exercise supplies and equipment as detailed in Week 4 (pgs. 177-197) of the Trim Kids book. Lessons plans in Handbook of Pediatric Obesity: Clinical Management, Chapters 12, 14, 19 and 20 and Appendix 3. Safe and Effective Exercise for Overweight Youth, Chapter 6 	<ul style="list-style-type: none"> 15-20 min. weigh-in and monitoring: Allow children to play or check food and activity records until it is their turn to weigh in. 15-20 min. group discussion: Each child gives accomplishments for the past week and sets one nutrition and one exercise goal for the next week 10-20 minute behavior, 20-30 minute nutrition and 30-40 minute exercise sessions based on the information in Part II: Week 4 (pgs. 177-197) of the Trim Kids book). Encourage parents to read Part II: Week 5 (pgs. 198-226) of the Trim Kids book before next class.
Seventh Class Meeting: Trim Kids Lesson/Week 5 – Body Basics		
Setting	Supplies and Equipment	Activities
Same as Lesson 3	<ul style="list-style-type: none"> Trim Kids Book Nutrition, behavior and exercise supplies and equipment as detailed in Week 5 (pgs. 198-226) of the Trim Kids book. Lessons plans in Handbook of Pediatric Obesity: Clinical Management, Chapters 12, 14, 19 and 20 and Appendix 3. Safe and Effective Exercise for Overweight Youth, Chapter 6 	<ul style="list-style-type: none"> 15-20 min. weigh-in and monitoring: Allow children to play or check food and activity records until it is their turn to weigh in. 15-20 min. group discussion: Each child gives accomplishments for the past week and sets one nutrition and one exercise goal for the next week 10-20 minute behavior, 20-30 minute nutrition and 30-40 minute exercise sessions based on the information in Part II: Week 5 (pgs. 198-226) of the Trim Kids book Encourage parents to read Part II: Week 6 (pgs. 227-252) of the Trim Kids book before next class
Eighth Class Meeting: Trim Kids Lesson/Week 6 – Esteem Builders		
Setting	Supplies and Equipment	Activities
Same as Lesson 3	<ul style="list-style-type: none"> Trim Kids Book Nutrition, behavior and exercise supplies and equipment as detailed in Week 6 (pgs. 227-252) of the Trim Kids book. Lessons plans in Handbook of Pediatric Obesity: Clinical 	<ul style="list-style-type: none"> 15-20 min. weigh-in and monitoring: Allow children to play or check food and activity records until it is their turn to weigh in. 15-20 min. group discussion: Each child gives accomplishments for the past week and sets one nutrition and one exercise goal for the next week 10-20 minute behavior, 20-30 minute nutrition and 30-40 minute exercise sessions based on

	Management, Chapters 12, 14, 19 and 20 and Appendix 3. Safe and Effective Exercise for Overweight Youth, Chapter 6	the information in Part II: Week 6 (pgs. 227-252) of the Trim Kids book <ul style="list-style-type: none"> Encourage parents to read Part II: Week 7 (pgs. 253-282) of the Trim Kids book before next class
Ninth Class Meeting: Trim Kids Lesson/Week 7: Success Over Stress		
Setting	Supplies and Equipment	Activities
Same as Lesson 3	<ul style="list-style-type: none"> Trim Kids Book Nutrition, behavior and exercise supplies and equipment as detailed in Week 7 (pgs. 253-282) of the Trim Kids book. Lessons plans in Handbook of Pediatric Obesity: Clinical Management, Chapters 12, 14, 19 and 20 and Appendix 3. Safe and Effective Exercise for Overweight Youth, Chapter 6 	<ul style="list-style-type: none"> 15-20 min. weigh-in and monitoring: Allow children to play or check food and activity records until it is their turn to weigh in. 15-20 min. group discussion: Each child gives accomplishments for the past week and sets one nutrition and one exercise goal for the next week 10-20 minute behavior, 20-30 minute nutrition and 30-40 minute exercise sessions based on the information in Part II: Week 7 (pgs. 253-282) of the Trim Kids book Encourage parents to read Part II: Week 8 (pgs. 283-306) of the Trim Kids book before next class
Tenth Class Meeting: Trim Kids Lesson/Week 8 – Keeping It All Together		
Setting	Supplies and Equipment	Activities
Same as Lesson 3	<ul style="list-style-type: none"> Trim Kids Book Nutrition, behavior and exercise supplies and equipment as detailed in Week 8 (pgs. 283-306) of the Trim Kids book. Lessons plans in Handbook of Pediatric Obesity: Clinical Management, Chapters 12, 14, 19 and 20 and Appendix 3. Safe and Effective Exercise for Overweight Youth, Chapter 6 	<ul style="list-style-type: none"> 15-20 min. weigh-in and monitoring: Allow children to play or check food and activity records until it is their turn to weigh in. 15-20 min. group discussion: Each child gives accomplishments for the past week and sets one nutrition and one exercise goal for the next week 10-20 minute behavior, 20-30 minute nutrition and 30-40 minute exercise sessions based on the information in Part II: Week 8 (pgs. 283-306) of the Trim Kids book Encourage parents to read Part II: Weeks 9-10 (pgs. 307-351) of the Trim Kids book before next class
Eleventh Class Meeting: Trim Kids Lesson/Weeks 9-10: Post Measures; Emotional Pitfalls and Taking Vacations and Dining Out		
Setting	Supplies and Equipment	Activities
Same as lesson 2	<ul style="list-style-type: none"> Same as lesson 2 	<ul style="list-style-type: none"> Repeat Lesson No. 2 Instead of showing the LAPBS DVD series, the behavior modification instructor may review the information in Weeks 9-10 (pgs. 307-351) of the Trim Kids book with the parents while children participate in the measurements.

		<ul style="list-style-type: none"> Encourage parents to read Part II: Weeks 10-12 (pgs. 352-382) of the Trim Kids book
Twelfth Class Meeting: Trim Kids Lesson/Weeks 11-12: Awards; Fun Facts and Relapse Prevention and Reassessing, Recommitting, and Forging the Future		
Setting	Supplies and Equipment	Activities
Same as lesson 1	<ul style="list-style-type: none"> Trim Kids Book Nutrition, behavior and exercise supplies and equipment as detailed in the Weeks 10-12 (pgs. 352-382) of the Trim Kids book. Lessons plans in Handbook of Pediatric Obesity: Clinical Management, Chapters 12, 14, 19 and 20 and Appendix 3 Safe and Effective Exercise for Overweight Youth, Chapter 6. 	<ul style="list-style-type: none"> 15-20 min. weigh-in and monitoring: Allow children to play or check food and activity records until it is their turn to weigh in. 10-20 minute behavior session based on the information in Part II: Weeks 10-12 (pgs. 352-382) of the Trim Kids book. 15-20 min. Awards session: Provide awards for perfect attendance; boy or girl who reports trying the most new veggies and most minutes of exercise; graduating from one color phase to the other (See Handbook of Pediatric Obesity: Clinical Management, Chapter 2, pgs.23-24 and Chapter 19, pgs. 238-240. 15-30 minute exercise session based on the information in Part II: Weeks 10-12 (pgs. 352-382) of the Trim Kids book. Encourage families who complete the program to enroll in future sessions as needed and to check in at least every 3 months for a free evaluation. Mail evaluations to the family physicians or pediatricians.