

Taking control!

You need to be in charge.

Your child will likely be fighting obesity for their whole life if you listen to the experts now.

Obesity does not start when they are 7, 8, 10, or 12.

It starts when they are infants.

Lax muscle tone makes it harder to convert fat to energy.

Fat does not grow bones or muscles.

Their charts are irrelevant, and it is from those charts that obesity has become an issue in North America.

Use your common sense because your doctor won't.

If your child is growing, then their weight does not matter. If they are active and alert, then their weight does not matter.

If they are basically healthy, then their weight does not matter.

If your child is in the lower percentile of weight, that is a good thing. Infant obesity is a precursor to developing childhood diabetes. You do not want to go there.

Look at how difficult it is for adults to lose weight. You do not want to have to do weight control or reduction diets with your child as most children with Trisomy 21 have very picky eating habits.

If you get worried, you can add in a nutritional supplement which will give them their nutritional needs without the calories. The key has to be growth and not just amassing body fat.

You have to be in control because you and your child have to live with what is made to happen.

