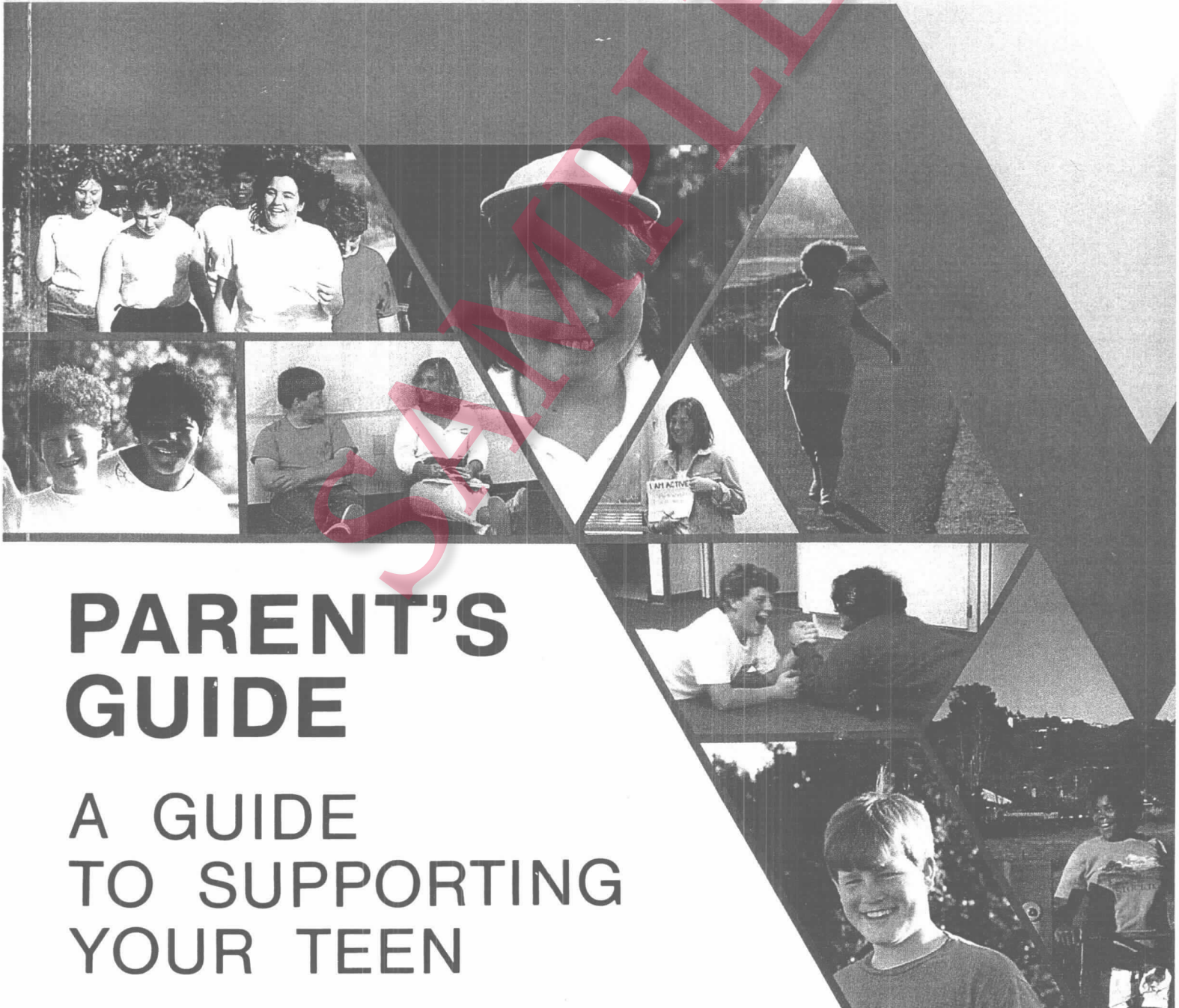


SHAPEDOWN



PARENT'S GUIDE

A GUIDE
TO SUPPORTING
YOUR TEEN

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WELCOME TO SHAPEDOWN!

We welcome you and congratulate you for starting SHAPEDOWN. Most parents find that **they get far more from SHAPEDOWN than they anticipated, that their teens move toward resolving their weight problems and that their families feel closer and healthier.** We hope your **results are this good or better.**

This Parent's Guide will direct you through the process of making changes in support of your teen's efforts to control their weight and lifestyle.

The first step in SHAPEDOWN is to complete an assessment of what you are now doing which might be contributing to the weight or eating problem. An assessment will suggest issues which you need to address.

Several types of assessments are available, some are more comprehensive than others. A basic assessment, called a "Parent Habit Inventory," appears later in chapter one. You should complete this assessment now, at the beginning of SHAPEDOWN, and again at the back of this book (Chapter 9) after you complete the SHAPEDOWN Program. Comparing the results of these "before and after" assessments will give you an indication of the changes you have made.

A more comprehensive assessment, called the Youth Evaluation Scale (Y.E.S.), is available through licensed SHAPEDOWN Providers and involves parents and adolescent answering a total of over 600 questions. Y.E.S. profiles the family system as well as medical and behavioral factors which may need attention. It is a computerized test of everything from fitness and fatness to self-esteem and habits.

After the completion of the basic SHAPEDOWN Program, you may complete a "Follow-Up Y.E.S." assessment so you can evaluate your progress and plan what to do next.

Whatever assessment you use, it is a good idea to begin your SHAPEDOWN work knowing as much as you can about what is causing your teen's weight or eating problem so you can best focus your efforts on making changes where they are most needed.

ABOUT SHAPEDOWN

A Licensed SHAPEDOWN Provider is a trained child and adolescent obesity specialist. He or she has completed at least 46 hours of professional training in pediatric obesity in addition to years of training in their own field.

In addition, SHAPEDOWN Providers receive continuous updates on emerging research and strategies for helping adolescents with their weight.

OUR EXPECTATIONS

You need to do your part!

SHAPEDOWN will provide the guidance you need, but if you and your teen don't make the changes necessary, you will not achieve the results you want. If you are completing SHAPEDOWN on a self-care basis, set a time each week (for instance, Tuesday evening at 7:30) when you hold your own SHAPEDOWN "Session" to review and discuss your progress. Keep the time the same each week.

You are expected to:

1. Do your SHAPEDOWN "Homework" each week and show up on time if you are in a group.
2. Fill out your "Homework" forms, food records and practices prior to each weekly session.
3. Make every effort to make the lifestyle and eating changes suggested in SHAPEDOWN.

SHAPEDOWN will work for you ONLY if YOU do the WORK!

Our goal is to provide you and your teen with the most sensitive, effective care possible. All teens have problems. Weight just happens to be one of your teen's problems. It is our goal that, as a result of caring for their weight, your teen will accept themselves more, will know themselves better, and will possess the skills to take care of their emotional and physical health. Likewise, we hope that by addressing your teen's weight, your health is enhanced and you find more joy and fulfillment in parenting your teen.

I hope that you enjoy SHAPEDOWN and that you let the ideas and tools of the program slowly seep into your mind and soul, so you can help your teen leave weight concerns behind. For decades, SHAPEDOWN has worked well for over a half million families and teens and it can work for you. My best wishes are with you.

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