



My child is overweight. Should I seek professional help?

Childhood obesity is a major concern. Millions of American children are obese and that can lead to significant health risks for children and teens. Preventing serious issues begins with the guidance of health-minded parents. If you have a concern, talk to your child's pediatrician. You can also look into local programs like the Riley Hospital for Children [POWER program](#). A family-focused health program like this can help your family develop healthier eating habits and help you find ways to add physical activity to your family routine.

If you need help, a specialist can be a valuable resource in providing assistance for children who are struggling with weight concerns. To locate a child obesity specialist in your area, check out Pediatriciansnetwork.com.

