The American Association of Pediatrics (AAP) offers practical steps for families to take that can help their children maintain a healthy weight. You can learn more about this report by reading “The Role of the Pediatrician in Primary Prevention of Obesity,” by Stephen R. Daniels, MD, PhD, FAAP, Sandra G. Hassink, MD, FAAP, COMMITTEE ON NUTRITION. It appears in the June 29, 2015 online published report and in the July 2015 issue of *Pediatrics*.

The report offers guidance to both the pediatrician and families on how to introduce healthy habits into their children’s daily lives. This guidance includes eating a well-balanced diet, increasing physical activity levels and reducing sedentary behaviors to continue.