

## Why is being overweight or obese a problem?

Children who are overweight or obese are at risk of health problems such as:

- Asthma
- Type 2 Diabetes
- Liver disease
- Bullying



## How much food does my child need?

- ✓ All children need a balanced diet
- ✓ Young children need less
- ✓ Serve food on a child-sized plate
- ✓ For more information about how to make a healthy meal, search for the *EatWell guide*

## How do I talk to my child about weight?

- ✓ Encourage the whole family to get involved and support each other
- ✓ Be careful what you say about your own or other peoples' appearances. Encourage being body positive
- ✓ Focus on a healthy lifestyle
- ✓ Compliment your child and build their self esteem
- ✓ Help your child express their feelings and explore positive steps you can take together

## Who else can I speak to?

- ✓ Your GP
- ✓ Your health visitor
- ✓ Your child's school nurse

If your child has a medical condition which makes it difficult to control their weight, you will probably already be receiving help with this. Please speak to your child's medical team.



## More information

For more general advice about how you can help your child, search for the following:

- Change4Life
- Every Child Wales
- British Dietetic Society

If you are a parent and concerned about your own weight, speak to your GP about a referral to the Adult Weight Management Service

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# How to help your child grow well



On \_\_\_\_/\_\_\_\_/\_\_\_\_, \_\_\_\_\_

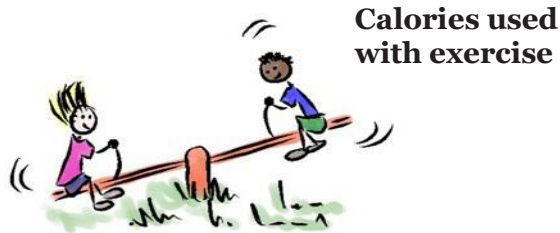
weighs \_\_kg and is \_\_cm tall.

Their BMI is \_\_\_\_\_

## What can you do?

Taken together, your child's height and weight measurements put them in the overweight or obese category for their age on the children's growth charts.

To be a healthy weight, we need to balance:



### Calories eaten

If your child is overweight, then the balance is wrong. They are consuming too many calories for the activities they are doing.

Most families chose to change what they eat and drink, and become more active.

Make small changes that you can stick to, and make new habits that last a lifetime.

Involve the whole family!  
You will all feel fitter, healthier, and have more energy!



Aim for your child to "grow into" their weight. Your child can stay the same weight whilst they grow in height.

## Activities

- ✓ Walk or cycle to school, or to the bus stop if school is too far away
- ✓ Use the stairs
- ✓ Take up a new hobby! Try trampolining, swimming, running, yoga, dance, football, walking in the park, martial arts... the list is endless!

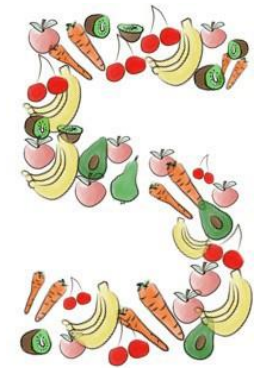


- ✓ Some people find it easier and more fun to join a team. Are there any sports teams near where you live? What's going on in your local park or sports hall?
- ✓ Do your 5 x 60: be active for 60 minutes five times a week. This can be broken into 15-minute blocks if that's easier
- ✓ Cut down on TV, tablets, and computers – limit your child's screen time to 1 to 2 hours a day
- ✓ Use the extra time to try out your new hobby!

## Food and drink

- ✓ Think about what food you have in the house
- ✓ Try cooking together as a family!
- ✓ Have sweets and other high-calorie foods and drinks only as occasional special treats

- ✓ Eat 5 portions of fruit and vegetables every day. A portion is the size of your child's palm



- ✓ Aim for 100-calorie snacks – but two a day max!
  - Vegetable sticks and low-fat hummus
  - Rice crackers and low-fat cheese
  - One crumpet or scotch pancake
  - Fresh fruit
  - Low-fat, low-sugar fromage frais
  - Plain popcorn
- ✓ Get the Change4Life food scanner app to see what's in your food!



- ✓ Drink only water between meals
- ✓ Avoid sugary drinks and limit fruit juice (which can have a lot of sugar in it)