

WHATEVER THE WEIGHT OF YOUR CHILD KEEPING HEALTHY CAN BE HARD



It has been particularly hard with the added stress of coronavirus and lockdown. This leaflet gives information for Camden families on staying healthy and where to get help.

LEARNING HEALTHY HABITS

Whatever your weight, everyone can keep healthy

Camden Families for Life

Free virtual sessions for the whole family. 90 minutes of fun, free and easy ways to keep kids healthy and happy.

Each session will cover raising healthy eaters as well as advice and tips on:

- eating well at home
- breakfast ideas and hidden sugars in your cupboard
- raising healthy eaters - understanding labels and portion sizes
- staying active at home without relying on screens .

Virtual sessions run every Tuesday from 10-11am for families of 5-11 year olds and every Thursday 2:30pm-3:30pm for under 5's. To book, get in touch with the Health and Wellbeing Team on 020 7974 6736 or healthandwellbeingteam@camden.gov.uk

My daughter made the wraps and now we have them all the time, with different vegetables and tinned fish. Before she had pizza all the time.

Parent

TIPS



Make water your go to drink, flavour with lemon, mint or cucumber



Eat together, be a role model



Chopped fruit or veg make great ready to go snacks

For more top tips, advice and information, visit [nhs.uk/change4life](https://www.nhs.uk/change4life)



MAKING CHANGES

If your child's weight is higher than expected

Healthy Living Practitioner Service

This is an NHS service offering families support and advice to help them to make small, manageable changes to their lifestyle to improve their health.

The service is for children aged 4-16 years who live, attend school or are registered with a GP in Camden and who:

- are above a healthy weight (above the 91st BMI percentile)
- have significant concerns around weight gain, diet or exercise

The service offers one-to-one appointments with children and their families via Zoom, in health centres, at school and home visits (if preferred).

To make an appointment or have an informal chat, you can speak to Josh or David, our Healthy Living Practitioners by emailing cnw-tr.healthylivingteam@nhs.net or calling 020 3317 2304.

Families, Food and Feelings Parent Group

A free 6 week programme for parents/carers of children 5-17 years old.

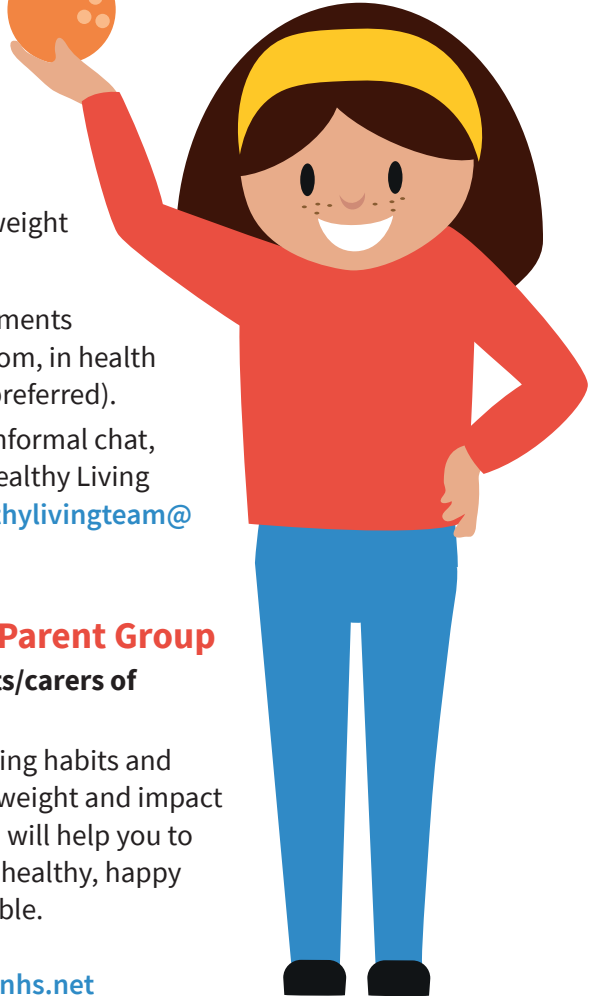
Children can struggle with healthy eating habits and being active which can lead to excess weight and impact their emotional wellbeing. This group will help you to feel confident to help your child live a healthy, happy life. Morning and evening times available.

Next group starts October 2020.

Email brandoncentre.healthyliving@nhs.net



I realised my mistakes in the portion size I have been giving myself and my family. The Healthy Living Service has impacted my life positively, all thanks to the information and help I received.
Parent



BEING ACTIVE

Everyone can try something new and have fun with fitness

Activities in Camden

Find out about all the activities available for children and young people in Camden at camden.gov.uk/children-young-people and make sure to look under Finding your activities for our interactive Camden Sports and Physical activity map.

BBC Super Movers

Follow along videos for children using themes from BBC television programmes and celebrities. bbc.co.uk/teach/supermovers/

Daily Mile at Home

Weekly challenges to engage children and families. Run, jog or walk for 15 minutes. thedailymile.co.uk/at-home/

I like the rush I get.
I like being out of
breath from moving
around a lot.
Luca, aged 7



EMOTIONAL WELLBEING

If your child is feeling unhappy about their weight or anything else there are lots of different ways to get support for social and emotional health both in and out of school. Call 'Open Minded' on 020 8938 2241.