Child Healthy Weight Service

Information for patients

# Icon  Description automatically generated with medium confidenceWho are we?

We appreciate that it can be hard finding a balance in life whilst juggling lots of different demands, but if you would like some support to make healthy choices, then we can help.

We are a small team of professionals including dietitians, psychologists and coaches who aim to support young people and their families to make healthy lifestyle choices such as eating well, increasing physical activity, reducing screen time and improving sleep, whilst being mindful of the needs of your family.

Our team work with families and young people (up to the age of 18) in an open, supportive, and non-judgmental way, to support you to achieve the goals that are important to you.

We recognise that it can be difficult to find balance in providing healthy, nutritious meals and prioritising healthy lifestyles during busy and stressful times. You are not alone. We, as a service, understand the complicated issues impacting on a healthy lifestyle and are keen to work alongside you and provide the right support at the right time.

# What happens if I am referred?

You/your parents or guardian will be invited to attend an appointment with one of our dietitians so we can gather some information to help us learn more about you. For young people under the age of 12 this initial appointment will be with a parent or guardian only. Young people over the age of 12 are invited to attend this initial appointment with their parent or guardian.

We are currently meeting young people and families both virtually, through a videoconference link called ‘NHS NearMe’ ([www.nearme.scot](http://www.nearme.scot)) and face to face in clinics all over Lothian.

# What’s next?

We use the information gathered in the initial appointment to tailor the support we offer for each individual young person and family. We may discuss some of the following topics, but we can tailor advice to what you find most important:

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| * Monitoring your diet
 | * Portion sizes
 | * Goals
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| * Healthy snacks
 | * Managing mealtimes
 | * The importance of role modelling
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| * Emotional eating
 | * Exercise
 | * Screen time
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# Physical Activity

We are keen to support children and young people to increase their physical activity levels as best they can, and we know this can sometimes be difficult. We can support physical activity in our team through local leisure providers or contacting the Active Schools team for your local area.

# Psychology

Clinical Associates in Psychology, work closely with the team through regular case discussions, supervision, development of resources & training. They also enjoy offering direct support to children/young people and families through workshops and individual appointments where mental health difficulties are proving a barrier to progress with healthy lifestyle choices.

# Helpful websites

Here are some websites that you may find helpful:

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| Parent Club Scotland: [www.parentclub.scot](http://www.parentclub.scot)  |  |
| NHS Inform: [www.nhsinform.scot](http://www.nhsinform.scot)  |  |
| NHS, Live Well, Eat Well: [www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide](http://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide) |  |
| Food Standards: [www.foodstandards.gov.scot](http://www.foodstandards.gov.scot) |  |
| Healthier Families: [www.nhs.uk/healthier-families/recipes](http://www.nhs.uk/healthier-families/recipes)  |  |
| Henry Website: [www.henry.org.uk/parents](http://www.henry.org.uk/parents) |  |
| Paediatric Weight Management: <https://weare.nhslothian.scot/childhealthyweight> |  |