

# 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 Islington families on staying healthy and where to get help.



ISLINGTON

# LEARNING HEALTHY HABITS

**Whatever your weight, everyone can keep healthy**

## **Families for Life**

**Free sessions for parents/carers and their child(ren) aged 2-11 years old.**

Fun, free and easy ways to keep kids healthy and happy.

## **Families for Life telephone session**

Choose from topics including:

- eating well at home
- breakfast ideas and hidden sugars
- understanding labels and portion sizes
- staying active at home.

## **Family Kitchen virtual group cook-along 4 week programme**

Cook a meal together and get tips around fussy eating and how to eat healthy as a family.

For more information or to book, visit: [islington.gov.uk/familiesforlife](https://www.islington.gov.uk/familiesforlife)

It's great to have this opportunity to learn how to cook with Macey [child] – we've continued to cook together in the kitchen and she now has her own chopping board and knife.

Parent at Family Kitchen

## **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

### The Healthy Living Service

This is for children who are above a healthy weight. It is a free 1-1 NHS service offering families support and advice from a registered nutritionist helping 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 Islington and who:

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

Appointments can be made by contacting:

T: 020 3316 8032 M: 07774 331493

E: [whh-tr.sn-islhealthliving@nhs.net](mailto:whh-tr.sn-islhealthliving@nhs.net)

### Families, Food and Feelings Parent Group

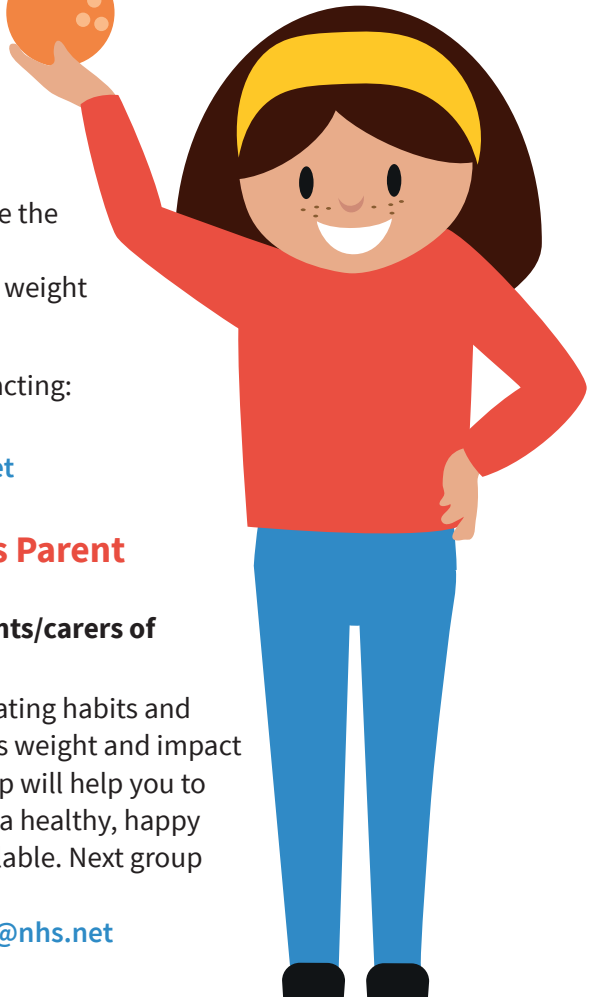
A free 6 week programme for parents/carers of children 5-17 years old.

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](mailto: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 provided by the Nutritionist.  
Parent



# BEING ACTIVE

Everyone can try something new and have fun with fitness

## Access to Sports

Timetables of activities available over the summer are online at:

[acesstosports.org.uk/islington/](https://acesstosports.org.uk/islington/)

## All in Islington

For sport and physical activity for disabled people in Islington:

[allinislington.org.uk/](https://allinislington.org.uk/)

## BBC Super Movers

Follow along videos for children using themes from BBC television programmes and celebrities.

[bbc.co.uk/teach/supermovers/](https://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/](https://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 Islington Social, Emotional, Mental Health (SEMH) Services 020 7527 7400.