

Child Healthy Lifestyles

Introduction &
Healthy Breakfasts



Child Healthy Lifestyles

Session Objectives

The Child Health improvement Programme (CHIMPS) has been designed to support families with regards to health improvement and behaviour change. Over the course of the programme you will learn about many healthy lifestyle changes that can benefit your family's long term health.

We have included a lot of information for you to read through, but we will focus our discussions on the following topics:

Introduction

1. The importance of regular growth checks
2. The behaviour change cycle
3. Your role as their role model
4. How to set SMART lifestyle goals
5. What is considered a healthy breakfast?
6. Weekly challenges



Your Growing Child

Ages and Stages

Children grow at their own pace, good nutrition and being physically active is important throughout every stage of a child's development. Some children grow slowly throughout childhood and then have a growth spurt as they become teenagers. What and how a parent feeds their child changes as they grow. As children grow, it is natural for their weight to increase; if a child puts on too much weight for their height, they can become overweight.

5–7 year olds (Primary school key stage 1)

These children should be eating according to a regular meal pattern of three meals a day and 2 healthy snacks. This age group can still be reluctant to try new foods and may still be fussy eaters; however they should be feeling much more confident around food. They still need firm routines and boundaries and to understand that their behaviour has consequences.

8–11 year olds (Primary school key stage 2)

Children need less energy than adults but are still growing; they do understand the concept of delayed gratification, for example waiting until dinner time for something to eat. They are learning about healthy choices in school, but they still need the support of their parents/carer to consistently make the right choices.

11–18 year olds (Secondary school)

After infancy, this is the most dramatic period of growth for children. They will gain half their eventual adult body weight during adolescence and therefore energy needs are high. It is imperative that teenagers receive the right amount of nutrients to ensure they grow into a healthy adult. The problem is, junk food is cheap and too readily available and what they choose is heavily influenced by their peers. Children, particularly girls, become less active from the age of 12, which causes an energy imbalance. Nonetheless they still eat the majority of their food at home, so what is available to them is important to achieve a healthy balance.

Talking to children about their weight

Weight is a sensitive subject especially for overweight or obese children. It is important that you talk to your child about weight as you all work through the changes together to improve everyone's eating and activity habits. We have some suggestions on ways to approach the subject with your child.

Negative approaches to avoid

- ✗ Do not** argue with your child about food – remember you are the adult and in charge of what food is in the house. Children will protest, but don't be drawn into arguments. Let them know you understand their frustration, but the rules are going to change anyway. Then ignore their behaviour if they continue to argue. The more consistent you are the quicker they will learn and accept the changes.
- ✗ Do not** make comments about their appearance and how it will improve if they lose weight. These comments will make them feel like they are not good enough as they are.
- ✗ Do not** compare yourself unfavourably to a time when you were thinner
- ✗ Do not** make negative comments about your weight making you feel unattractive
- ✗ Do not** make comments about friends' or partner's weight.
- ✗ Do not** shy away from talking about the negative impact of weight on health.

Positive reinforcements

- ✓ Do** make comments about the benefits of being healthy that are relevant to your child's goals, for example keeping up with other children at playtime or playing sports.
- ✓ Do** talk to your child about impact excess weight has on the body.
- ✓ Do** draw attention to people on social media and in the public eye that are of a larger size but are still considered attractive.

The importance of regular healthy growth checks

We recommend that children have a Healthy Growth Check every 3-6 months by a health professional, incorporating height and weight. These measurements can then be plotted on their growth chart (see on page 7) and you will be able to monitor their growth, to see if they are growing into their weight. Healthy Growth Checks will also determine if your child loses too much weight too quickly, which may be harmful.

We do not recommend that you weigh your child while they are on our programme.

Body Mass Index (BMI) fyi

What is BMI and why is it important?

Starting measurements

Child's name: _____

Week 1 height: _____ m

Week 1 weight: _____ kg

BMI score _____

Parent's name: _____

Week 1 height: _____ m

Week 1 weight: _____ kg

BMI score _____

- BMI stands for 'Body Mass Index'. This is a measure of weight status that adjusts for height. BMI is a person's weight in kilograms divided by the square of their height in metres. On the next page it explains how you can calculate body mass index.
- Children's BMI for their age is calculated in centiles. There are health risk factors associated with children having a BMI that is above the 91st centile.
- Children in the 'Very Overweight' category are more likely to be ill, be absent from school due to illness and require more medical care than healthy weight children.
- Children who fall into the 'Very Overweight' category are also more likely to become overweight or obese adults. This means they would have a higher risk of morbidity, disability and premature mortality in adulthood.
- Health problems could arise from having a raised BMI, these could include: Type II Diabetes, Asthma, Obstructive Sleep Apnoea (OSA), Cardiovascular Disease Risk Factors (CVD) - high BP, high cholesterol, abnormal glucose tolerance, psychosocial effects, mental health, musculoskeletal problems.

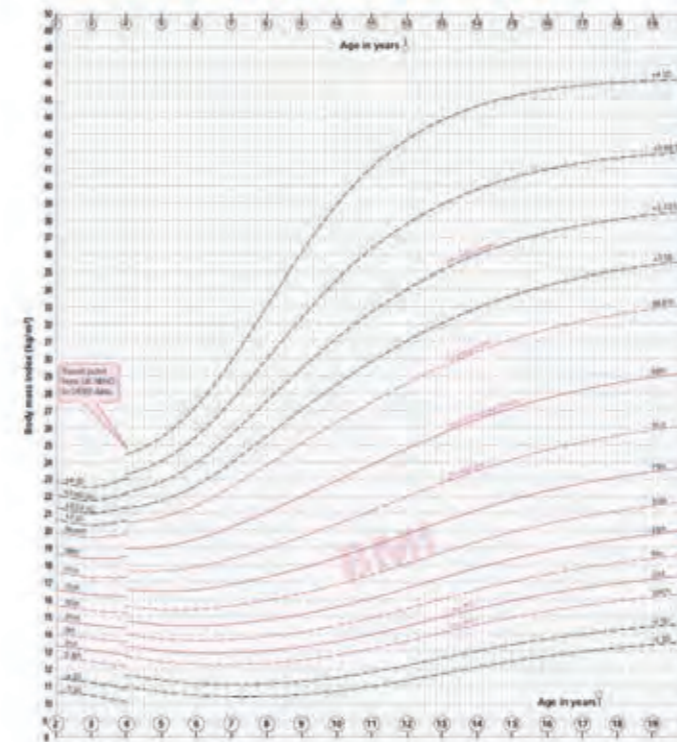
How to work out your BMI

Divide your weight in kilograms (kg) by your height in metres (m)
Then divide the answer by your height again to get your BMI.

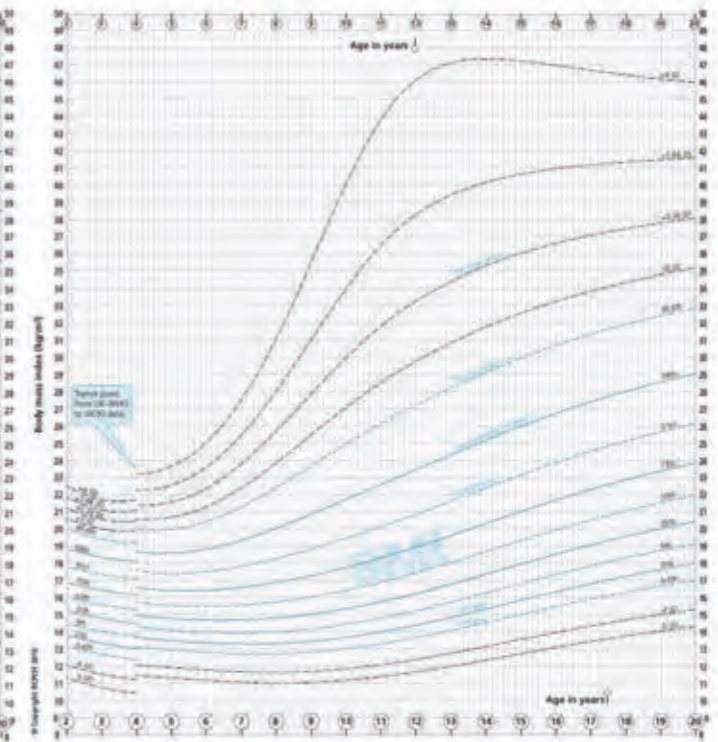
For example: If you weigh 70kg and you're 1.75m tall, divide 70 by 1.75. The answer is 40. Then divide 40 by 1.75. The answer is 22.9.

This is your BMI.

Girls UK Body Mass Index (BMI)

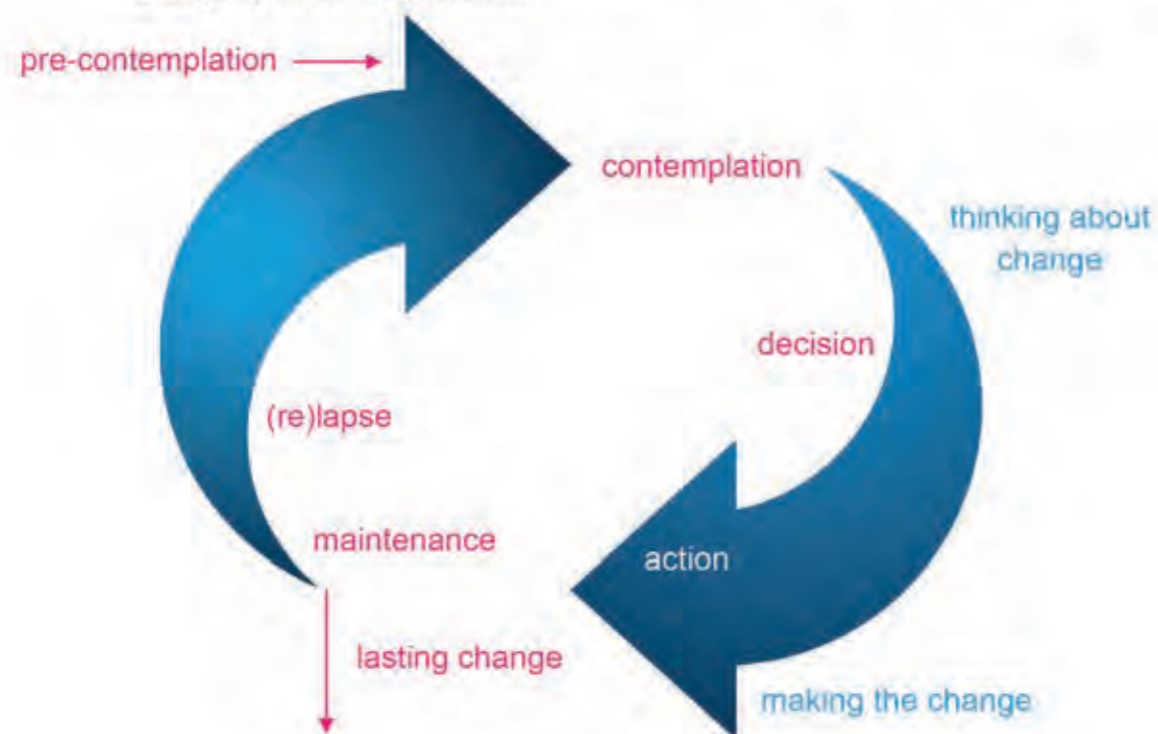


Boys UK Body Mass Index (BMI)



Behaviour change cycle (fyi)

The child health improvement programme has been designed to help children and families make small changes in order to lead healthier, happier lives. When we look to make behaviour changes we start the behaviour change cycle as shown below.



Your role as their role model

Children learn by copying those around them – parents & carers, older siblings, and peers. If you want your child to lead a healthy lifestyle, then it's important that they see everyone around them behaving the same.

Throughout our time together we will help you to reflect and identify your behaviours that influence your child's behaviour and how we can help you to support the development of a healthy lifestyle.

Routine and Consistency



Activity 1: The thumb game

Making behaviour changes can make you feel uncomfortable.

Have a go by claspng your hands together. Please make a note of which thumb is over the other.

Now unclasp your hands and do it again making sure the other thumb goes on top this time.

You have just made a small behaviour change.

Smart Goal Setting

Each week on the programme we will look to set healthy lifestyle goals which will benefit your long term health. When setting these goals it is important to make them 'SMART'. Below highlights what we mean by 'smart' goals.

S

Specific

Not a vague intention but something you can pin yourself down to

M

Measureable

This means you can assess how far you have come towards achieving your goal

A

Achievable

Set a realistic goal, aim for small specific steps

R

Relevant

This means setting a goal that means something to you

T

Time-Specific

Set yourself a realistic time frame for your goal

Examples of vague intentions translated to smart goals:

'My child and I will start doing some activities together.'

'My child and I will go swimming on a Saturday morning at 10am each week.'

'My family and I are going to start eating healthier'

'We will switch to buying lower sugar breakfast cereals by checking the food labels.'

'My family and I are going to start eating more fruit and vegetables.'

'My family and I will aim to have at least 5 portions of fruit and vegetables each day.'

TIP

Goal setting

You might find that your child will be motivated to make many changes at the start of this programme.

Be mindful that they keep their changes small and achievable!

Good breakfast guide

Always ensure that your child has a breakfast in the morning as it really is the most important meal of the day. Having breakfast kick starts your metabolism to get you through until lunch.

Many children tend to opt for breakfast cereals but are you really aware of how much sugar can be hidden in certain breakfast cereals?

Activity 1

As a group using the breakfast cereal cards, try and put them in order from the lowest amount of sugar to the highest amount of sugar.



Some tips for a healthy breakfast

- It is good to base your foods around starchy foods such as bread or breakfast cereals. Try and opt for wholegrain cereals and ones that are low in sugar.
- Try adding fruit to their breakfast so they start the day well and they are well on their way to having their 5 a day.
- Porridge Oats are an excellent start to the day. Make the porridge with semi-skimmed, skimmed milk or water. You can sweeten your breakfast by adding a little amount of dried fruit or sliced banana.
- Some mornings you may have more time, why not try poached egg on granary toast, or tomatoes and grilled mushrooms on toast. Ensure that you grill products rather than frying them in oil.
- Please refer to the change 4 Life good breakfast guide for more ideas.

Home Tasks

Each week we look for families to make small lifestyle changes that will benefit them for the future. Your home tasks for this week are:



Children's task

Using your programme diary, think of three things you may normally have for breakfast and swap these for a healthier option.

Tick the days of the week you managed to make the swap.



Parent's task

Fill in the 'snapshot of your child's daily intake table'.

Think of one thing you would like to change about your behaviour that relates to your child's goal this week, maybe buying certain breakfast items to help your child make healthier choices.







Family challenge

Start the day with a healthy breakfast.

Notes:



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