

# A weight off your mind: managing childhood obesity

It may not be an easy topic to approach, but with childhood obesity more than doubling in children and quadrupling in adolescents over the past 30 years it's an important and relevant subject to talk about.

The last thing you want to do as a parent is micro-manage every detail of your child's diet or exercise regime; after all, modern living is already demanding enough and you don't want your child to build a negative relationship with food or regular activity by causing them to dwell on body image.

However, it's important to be aware of the complications your child could face if they're carrying extra weight during their key developmental years, including:

- High blood pressure & high cholesterol.
- Increased risk of insulin resistance and type
  2 diabetes.
- Asthma, sleep apnoea and other breathing difficulties.
- Liver disease, gallstones & gastro-oesopha geal reflux.
- Risk to bone growth and damage to developing cartilage.

The last point in particular may lead to further issues during adulthood, such as early arthritis, as the pressure bearing down on the joints becomes too much. This may mean your child will need to use specialist equipment and daily living aids when they're older, like a rollator to support them when out and about, a bath seat and grab bar to help them lower and rise from the bath tub or a bed rail to help them get up and loosen their joints after a long night's sleep.

If you're concerned about your child's weight, your GP or practice nurse will be able to give you further medical advice, but it's also possible for you to take the first step to helping your child live healthily.

# Recognising issues and encouraging healthy living

It's important for parents to look out for signals that may mean their child is experiencing issues with overeating, inactivity or poor nutrition as these initial warning signs can quickly become bad habits. Broaching the subject can be tricky, as suggesting your child is overweight will likely have a negative impact on their mental wellbeing, so try establishing The 4 Aims to help encourage a healthier lifestyle.

# The 4 Aims

- 1. Serve healthy and appropriately sized meals.
- 2. Limit sugary or high fat foods.
- 3. Encourage regular exercise.
- 4. Set an example.

In order to help parents and encourage kids to live a healthier lifestyle, we've created the Healthy Living Family Pack that will inspire the whole family to get involved with the aims above, including the following:

- Printable Family Activity Cards
- Family Day Out Wish List
- Daily Chores Calorie Counter (for parents)
- Chore Chooser Star Chart (for kids)



# Daily Chores Calorie Counter

This chart has been made exclusively for parents to use as a first step, should you wish to keep track of how many calories your children burn off from doing household chores on a daily basis.

It is important not to worry your child with numbers, which is why this information sheet has been designed for parents. Our separate Chore Chooser Star Chart accompanies this information sheet and gives your child a fun way to keep track of their daily chores whilst encouraging them to be more active and burn calories without them even realising. Not only that, but for every chore completed, your child can colour in a star towards a special reward – chosen by you once the whole line is completed!

Note: Average energy requirement per day for a child aged 10 is around 1950 calories



# Sweeping/mopping the floor.

(20 minutes): 26 calories

# Washing the car.

(30 minutes): 32 calories

### Washing the dishes.

(15 minutes): 12 calories

# Carrying groceries.

(15 minutes): 52 calories

### Dusting.

(20 minutes): 16 calories

### Making the bed.

(5 minutes): 8 calories

# Cleaning out animals (cat litter, rabbit hutch).

(10 minutes): 12 calorie

# Gardening.

(30 minutes): 82 calories

# Tidying bedroom.

(30 minutes): 38 calories

### Scrubbing bathroom.

(15 minutes): 76 calories

### Cleaning windows.

(30 minutes): 34 calories

# **Calories Burned**

Week Beginning	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total

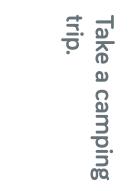


		Action to the second second					
I swept/mopped the floor	) ( ) (	) ( ) (	7 / 7	7 7 7	7 / 7	) ( ) (	7 7 7
I washed the car	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	) ( ) (	) ( ) (	7 7 7	) (	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	) ( ) (
I washed the dishes	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	) (	) ( ) (	) ( ) (	) ( ) (	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	7 / 7
I carried the shopping	7 1	\ \ \ \ \ \ \ \	7 1	7 7 7	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	7 1	7 / 7
I did some dusting	) ( ) (	) ( , , ,	) ( ) (	) / · · · ·	) (	) / · · · ·	7 / 7
I made my bed	7 / 7	\ \ \ \ \ \	7 / 7	7 / 7	1 1	7 1	\ \ \ \ \ \ \ \
I cleaned up after my pet	7 / 7	\ \ \ \ \ \ \	7 / 7	7 1	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	7 1	7 / 7
I did some gardening	7 1	7 1	7 1	7 7	7 1	7 1	
I tidied my bedroom	7 1	\ \ \ \ \ \ \	7 1	7 1	7 / 7	7 1	7 / 7
I cleaned the bathroom	7 (	7 / 7	7 (	7 / 7	7 1	7 / 7	7 1
I washed the windows	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	) ( ) (	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	7 1	) ( ) (	) ( ) (	7 / 7

# Family Day Out Wish List









Visit a Laser Quest!

Your family's wish list



climbing a go. Give indoor rock

Book a day at

Go Ape.



Paintballing.

charity walk. Participate in a



area Hire bikes and cycle a new



Heritage property. Visit a National Trust or English



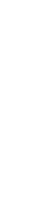
















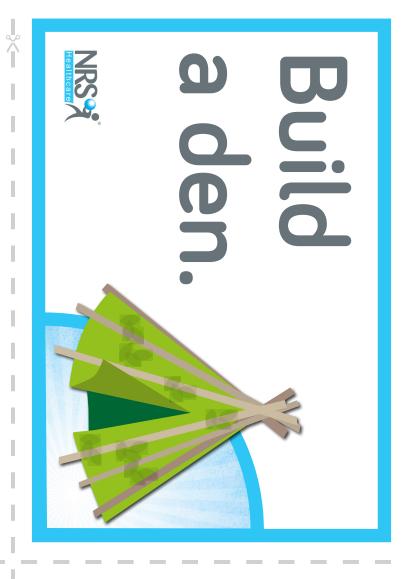












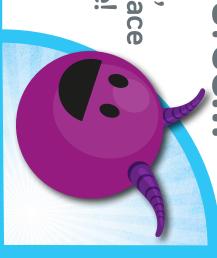




Set up a fun home activity course...

using Hula-Hoops, skipping ropes, space hoppers and more!





# Visit your local park.



Plan, then cook a healthy meal together.

X

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(TIP: hide extra vegetables in a tomato pasta!)

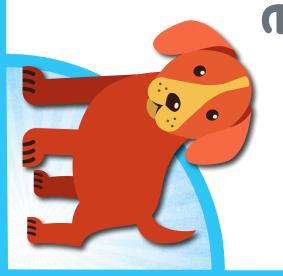








# dog tor a walk Take the



NRS%

X



NRS fruit and veg. seeds to grow Clear a small patch of garden and plant



local area. the house or Plan a scavenger treasure hunt around









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up loud and dance! Turn the music