Digital Intervention

Welcome to your digital intervention with the Growing Well Growing Healthy team. The purpose of the digital intervention workbook is to provide parents and carers of children with a BMI in the overweight or very overweight category with support and guidance all around making sustainable healthier lifestyle choices.

Throughout your digital intervention, you will receive support from your allocated Lifestyle Practitioner via regular 6 weekly check ins. The purpose of this workbook is to allow parents and carers to build on the guidance of their practitioner and implement their own changes appropriate for their family and lifestyle.

The resources are directed towards parents and carers but many of the resources encourage getting your child involved so that they too can take charge of their own lifestyle.

Understanding your childs growth

Body Mass Index (BMI) centiles in children are a way of comparing a child's BMI to that of other children of the same age and sex. Because children grow and develop at different rates, a standard adult BMI cut-off isn't appropriate. Instead, BMI is plotted on growth charts, and the centile shows where their growth sits at this moment in time.

These centiles are divided into categories that help guide us in knowing more about a child's growth.

BMI Centile Categories:

- Under 2nd Centile - Underweight
- 2nd - 90th Centile - Healthy Weight
- 91st Centile and above - Overweight
- 98th Centile and above - Very Overweight

We use BMI categories for children because they provide a clear way to understand whether a child's growth is following a healthy pattern. Unlike adults, children's body proportions and fat distribution change continually as they grow, so fixed BMI cut-offs wouldn't reflect what is normal at different ages. By grouping BMI centiles into these categories, we are able to more easily identify when a child need some additional support or further monitoring.

Keeping Track

Being told that your child's BMI is above the expected range can be difficult to hear. We understand that sometimes parents and guardians may feel shocked, worried or even blamed. The role of your lifestyle practitioner is to help you understand your child's growth in a non judgemental and supportive manner.

During your digital intervention, your allocated lifestyle practitioner will monitor your child's growth and discuss this with you to help you understand your child's growth over time.

Family Focus

Positive Environment

Children lead by example so it is important that as adults we act as role models and display positive behaviours. A family focus on lifestyle change can help to show children that a healthier lifestyle can be fun and enjoyable. Involving children in activities such as food shopping, food preparation and cooking can help them to develop positive attitudes toward food and learn important life skills. Children often imitate their parents. When parents engage regularly in physical activities, their children learn to view exercise as a normal, enjoyable part of daily life.

Getting to know yourself!

A great first step towards making healthier choices is to think about the habits and routines of your family. This includes considering what your family eats throughout the week and also the physical activity your family participates in. Consider completing a food and physical activity dairy for a week or even just a few days, to help you reflect on your current lifestyle and allow you to consider ways to make healthier choices.

Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							
Snacks							
Drinks							
Activity							

💡Top tips for completing your food and activity diary:

- Don't forget to include snacks and drinks
- Try to include amounts/portion sizes where possible such as one handful of grapes
- Think about your activity throughout the whole day such as walks to school/from school and not just physical activity from arranged sports and activities
- Make sure you included any sauces/condiments that you may have on the side of your meals
- Try to write it down as soon as possible so you don't forget what you had
- It can also be helpful to take photos of your meals if you don't have time to add it to your food diary straight away
- Photos can also help you to consider your portion sizes too!

Understanding reason for change

We know it is not always easy to lead a healthier lifestyle - especially when there are lots of factors that can play a part in our ability to make healthier lifestyle choices.

Barriers to making a healthier lifestyle change can include: unsafe environment, lack of time, financial limitations, genetics, conflicting information, low self esteem, illness or injury, limited access to healthier food or limited understanding of how to make appropriate lifestyle changes.

Despite the barriers and challenges, there are many reasons why people may want to implement healthier choices and improve their lifestyle. These reasons can be to focus on overcoming barriers and may include reasons such as: to increase self confidence, to be able to learn a new sport or hobby, to increase opportunities for socialising, to improve emotional wellbeing or to improve health conditions. Understanding your own personal motivation for change can be key in taking that first step in your lifestyle improvement journey.

As a family, make a list of reasons why you would like to make healthier lifestyle changes:

Try It

Keep this list of reasons somewhere in your home that you will see every day. The journey to a healthier lifestyle can be fun and interesting but it can also come with challenges. Having your reasons for change accessible to reflect on can be a great way to remind you of why you want to make these changes.

SMART Goals

Once you have your reasons for change in mind, it can be useful to use to set some practical goals to work towards. In order for goals to be set successfully, we need to consider how we are going to implement these goals, when we want to achieve them by and how we are going to measure them. Using the SMART goals technique to set your goals can help you to achieve all of these things.

What are SMART goals?

- **Specific** - Be clear about what you want to do
- **Measurable** - How are you going to track your progress?
- **Achievable** - Is the goal realistic and possible for you to achieve?
- **Relevant** - Does the goal matter to you? Does your goal consider your reasons for change?
- **Timely** - When do you want to achieve this goal by? At what points will you check in to monitor your progress?

Making Changes

Now that you've considered your reasons for change and had some time to start thinking about goals, implementing your healthier lifestyle begins with small, manageable steps. Your digital intervention is here to help and support you as you begin making positive changes. Whether you want to eat healthier, be more active or build healthier routines, our handy factsheets can help to guide you from the very start. Over the next few weeks, put aside some time to review our factsheets on the following topis:

- Energy Balance
- Eatwell Guide
- 5 a Day
- Fats and Sugars
- Snacking
- Portion Control
- Physical Activity
- Food Labelling

Through these factsheets and with the support of your lifestyle practitioner, you'll learn useful tips, set and review achievable goals, and find out what works best for you and your family. Remember, every small change counts—and this is your first step toward a healthier future.