

# Healthy Families: Growing Up

## Programme Overview



A holistic family lifestyle programme to support healthy emotional and physical development and a healthy weight for primary-school age children. An in-person or online programme.

Session	Theme	Key content
1	What's a healthy family?	<ul style="list-style-type: none"> <li>Welcome. A chance for everyone to find their voice in the group</li> <li>Thinking about the whole family and what everyone enjoys</li> <li>What makes a healthy family</li> <li>Healthy daily family routines</li> <li>Things parents can do to help 'recharge their batteries'</li> </ul>
2	A healthy balance	<ul style="list-style-type: none"> <li>Being a parent of a healthy family – a balancing act</li> <li>Children's self-esteem</li> <li>The power of listening for parents and their children</li> <li>Family reward systems to praise &amp; encourage each other</li> <li>Healthy balanced meals and snacks for the whole family</li> </ul>
3	Understanding children's behaviour	<ul style="list-style-type: none"> <li>What parents can do to help children grow up feeling good about themselves</li> <li>The magic of empathy</li> <li>The link between feelings, needs and behaviour</li> <li>Portions and portion sizes</li> </ul>
4	Being a parent	<ul style="list-style-type: none"> <li>Parenting styles – staying in charge while also being responsive as a parent</li> <li>Setting and holding limits</li> <li>Getting active as a family – and helping everyone enjoy it</li> <li>Responding to children's needs without giving in to all their wants</li> </ul>
5	Healthy swaps	<ul style="list-style-type: none"> <li>The challenge of knowing what's in the food &amp; drink we buy</li> <li>How understanding food labels can help families make healthier choices</li> <li>Simple swap ideas to make meals, snacks and drinks healthier</li> </ul>
6	Family mealtimes	<ul style="list-style-type: none"> <li>How mealtimes support eating healthily as a family</li> <li>Encouraging children to talk to their parents – open questions</li> <li>Ideas for making family mealtimes enjoyable for everyone</li> </ul>
7	Negotiating family agreements	<ul style="list-style-type: none"> <li>The importance of sleep for health and wellbeing</li> <li>The impact of TV and screen time on growing children</li> <li>Things parents can do to negotiate family agreements – and make them work</li> </ul>
8	Children growing older	<ul style="list-style-type: none"> <li>The emotional associations of food</li> <li>Body image and peer pressure</li> <li>How parents can support their children as they grow older</li> <li>Reflect and celebrate all the things participants have achieved during the programme</li> <li>Planning ahead – keeping going with a healthy family lifestyle</li> </ul>