

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