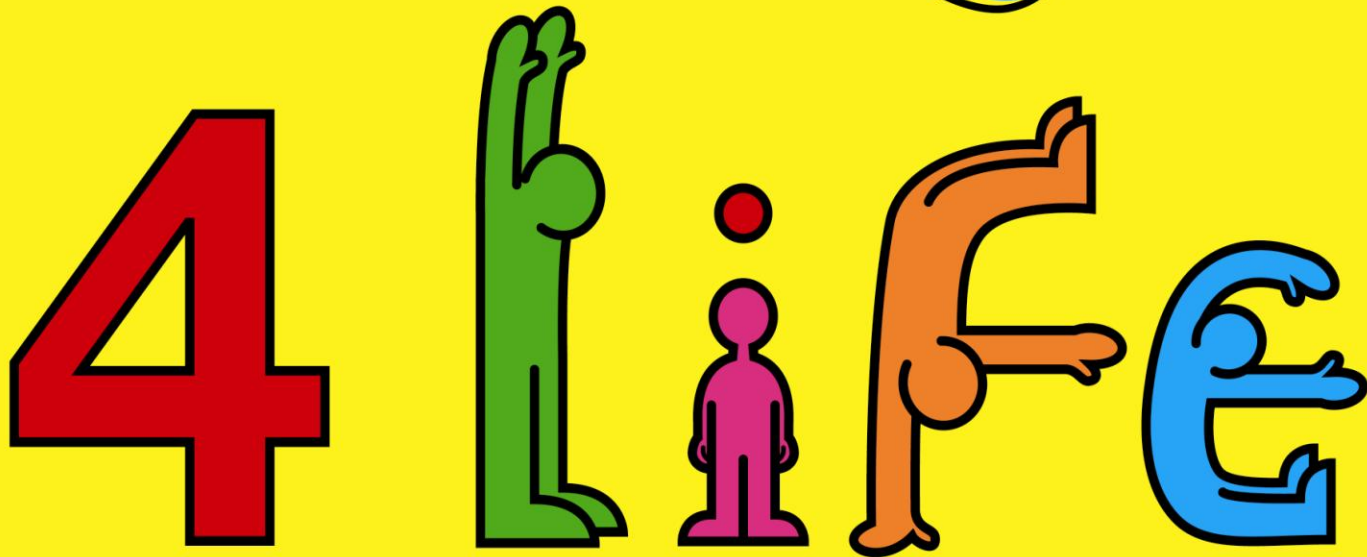


change



Eat well

Move more

Live longer

# helping parents to change their family's behaviours

**session 2**

# helping parents to make the changes

- **People generally don't like change. But if parents are going to prevent their children from growing up with an increased risk of serious illness, they are going to need to make changes.**
- **We need to make this absolutely clear to parents. But at the same time, we need to keep the changes we recommend flexible and accessible.**

# 1. sugar swaps

## Why is this change important?

Parents are usually aware that eating and drinking sugary things can damage teeth. But they're often not aware of the link between excess sugar and increased levels of fat in the body.

## How do we explain this to parents?

We're calling this behaviour **sugar swaps** –  
Simple ways to help children eat less added sugars

## 2. me size meals

### Why is this change important?

Many parents give their children the same size portions as they give themselves. But when we eat more than we need, the extra food turns into stored fat.

### How do we explain this to parents?

We're calling this behaviour **me size meals** -

Making sure children eat the right size portions for their age.

## **3. meal time**

### **Why is this change important?**

**Giving children regular, healthy meals every day helps to make sure they get all the energy and nutrients they need. But the pressure of modern life mean that many families are rushing meals and eating on the go.**

### **How do we explain this to parents?**

**We're calling this behaviour **meal time** –  
Making time for regular meals.**

## 4. snack check

### Why is this change important?

Many snacks contain high levels of fat, added sugar or salt, so it's important that young children eat healthy snacks and get into good habits now. What's more, young children who fill up on unhealthy snacks are less likely to eat their meals.

### How do we explain this to parents?

We're calling this behaviour **snack check** –  
Simple ways to eat regular, healthier snacks.

# 5. 5 a day

## Why is this change important?

Everyone knows that fruit and vegetables are good for children. But many parents think they've got to get their children eating mountains of vegetables - An impossible task?

Because they don't know that there are lots of other options, their children are missing out on vital nutrients.

## How do we explain this to parents?

We're calling this behaviour **5 a day** - Smart ways to get even the pickiest children eating more fruit and veg.

## **6. up and about**

### **Why is this change important?**

It's really important for children to take part in active play – toddlers need lots of time and space to burn off energy, learn skills, use their imagination and develop healthy, strong bodies.

### **How do we explain this to parents?**

We're calling this behaviour **up and about** – Easy ways to get children up and about, burning off energy and having fun.

# **7&8. school age children**

## **7. cut back fat**

**We know that too much fat is bad for us but we don't always know where it is lurking – simple ways to cut back fat include checking food labels, swapping certain foods for others and making changes to the way we prepare and cook food.**

## **8. 60 active minutes**

**Children need at least 60 minutes of activity that gets their heart beating faster than usual every day.**

# **activity**

**Look at the 'lifestyle change' that you have been given.**

**Familiarise yourself with the suggestions and ideas.**

**Choose your favourites (and some of your own!) - those that you think are do-able.**

**Share these with the group in an unusual or memorable way.**

# activity feedback

1. sugar swaps
2. me size meals
3. meal time
4. snack check
5. 5 a day
6. up and about

# as a change4life supporter

## **Something to remember:**

**Evidence suggests that the best way to prevent rising levels of fat in the body is by having a healthy diet and doing regular physical activity. It's important that, as a supporter, you encourage behaviour changes in both.**

# as a change4life supporter

## Supporting change4life through your work:

1. **Chat to families (and practitioners who work with families) about change4life.**
2. **Put up a change4life display.**
3. **Download and use the toolkits.**
4. **Use the change4life branding & information in your publications.**

# as a change4life supporter

## Supporting change4life through your work:

5. Provide change4life information in your communications.
6. Hold a change4life event.
7. Don't forget the change4life website.
8. Get publicity for your activities and events.

# more information

**Change4life**

[www.nhs.uk/change4life](http://www.nhs.uk/change4life)

**Welsh Assembly Government**

[www.wales.gov.uk](http://www.wales.gov.uk)

**British Heart Foundation**

[www.bhf.org.uk](http://www.bhf.org.uk)

**British Nutrition Foundation**

[www.nutrition.org.uk](http://www.nutrition.org.uk)

**Play Wales**

[www.playwales.org.uk](http://www.playwales.org.uk)

**Foods Standards Agency**

[www.food.gov.uk](http://www.food.gov.uk)

[www.eatwell.gov.uk](http://www.eatwell.gov.uk)

**British Dietetic Association**

[www.bda.co.uk](http://www.bda.co.uk)

**Caroline Walker Trust**

[www.cwt.org.uk](http://www.cwt.org.uk)