

HOW TO TALK TO YOUR CHILD ABOUT YOUR UPCOMING APPOINTMENT

You were referred to the Pediatric Weight Management program by your doctor. Now it's time to talk to your child about what they can expect from participating in our program. Talking to a child about weight can be a sensitive topic and a challenge for parents. Our goal is to help your child have a healthy body, but our focus will be on lifestyle changes, rather than weight loss, to support self-esteem and body positivity.

We recommend that you talk about the main goal of our program which is to teach you and your family healthy lifestyle habits. We will talk about healthy eating choices, fun physical activity for your child and family, healthy screen time habits, and getting a good night's sleep. We will also help you and your child with other skills like meal planning, recognizing hunger and fullness cues, coping with teasing, and finding healthy ways to handle strong emotions.

We are a team of professionals who specialize in working with children and families. During your first appointment you will meet with a pediatrician, dietitian, activity specialist and psychologist, who will get to know your family and set goals that are right for you. This appointment will last about 2.5 hours.

Our team is looking forward to meeting you!

CONVERSATION STARTERS:

Parent: "I want to talk to you about a plan I have for learning about healthy behaviors for our family. Making good choices about eating, being active and taking good care of our emotions are all ways we can have healthy minds and healthy bodies. I think we might benefit from learning more about these ideas. We are going to meet with a team of people who know a lot about this subject. Can I ask you some questions? How do you feel about this plan? Do you have any worries about this meeting?"

When your child responds, listen with compassion, provide information and avoid making your goals about changing his/her body size and shape. Focus on behavioral changes that will improve health and support your child's normal growth.

ADDITIONAL TALKING TIPS:

- Focus on health, not weight or physical appearance.
- Remind your kids that you love them no matter their size. Let your children know that you want your family to be happy and healthy and the lifestyle changes will be for all family members.
- Listen to your child's concerns about their body size, shape or weight.
- Focus on your child's strengths and skills instead of body size challenges.
- Avoid making food choices and exercise a power struggle -offer structured meals and snacks and fun family activities.
- Invite your child to offer his or her ideas on family changes.