

# Child Healthy Weight (Tier 3) Service Information for Children, Young People and their Families



## THE DIFFICULTIES WE HELP WITH

- ✓ Developing a healthy diet to meet your nutritional needs
- ✓ Meal planning and portion sizes
- ✓ Parenting and setting boundaries in relation to food
- ✓ Overcoming emotional eating
- ✓ Understanding the relationship between mood and food
- ✓ Managing weight related body-image concerns
- ✓ Increasing activity levels
- ✓ Reducing screen time

Following an initial assessment appointment, we will decide together which of these topics are most important to your family. We may only focus on one or two or we may cover them all.

We support families to make changes over the long term. Over time, these changes can result in weight loss, but we prefer to focus on what you can gain from feeling healthier – so we will set some non-weight goals to work towards.

## ABOUT THE SERVICE

The child healthy weight (tier 3) service is dedicated to supporting children, young people and their families to make healthy lifestyle changes to support a healthy weight, and improve their overall well-being.

This leaflet is designed to talk you through what to expect from our service and help you decide if now is the right time for your family to begin working with us.

Before we meet with you, we will ask you to complete our pre-assessment questionnaire. After this, if we think our service might be able to offer support, we will contact you to invite you to an initial assessment with our team. Here we will spend time getting to know your family, including the things you are finding most difficult, and then work together to decide how best we can meet your needs.

You can access the questionnaire using the QR code or email us on [gram.childhealthyweightservice@nhs.scot](mailto:gram.childhealthyweightservice@nhs.scot) if you would like us to mail you a paper copy. **If you haven't already been referred to the service you can also use this form to request input.**

## WHO WE WORK WITH

We work with children and young people and their families who are:

- ✓ Aged 0-18,
- ✓ Been identified by a health professional as having a weight over the 99.6<sup>th</sup> centile
- ✓ Or over the 91<sup>st</sup> centile with other health difficulties.

**If you're unsure what this means, please ask your health professional.**

Our focus is not solely on weight loss. We aim to help people to improve their health over all, so that they feel better and are able to enjoy life as fully as possible.



## WHAT WE EXPECT FROM YOU

We need to work as a team with the whole family, and so we expect families to:

- ✓ Have a genuine desire and motivation to support their child and young people to manage their weight and improve their health and well-being, or if the young person is old enough, have their own motivation and desire
- ✓ Commit to regular appointments with the team
- ✓ Do their best to keep up with any tasks set between appointments
- ✓ Be honest with the team around the things they are finding challenging
- ✓ Work towards becoming independent in setting goals and self-monitoring their progress

This can be difficult to do when there are a lot of other stressors in life. If you feel that it would be difficult to work with us right now, that is okay. You can self-refer back to the service, or ask a health professional to refer you again, at a time that feels more manageable.

## IF YOU HAVE QUESTIONS

Contact us on:  
[gram.childhealthyweightservice@nhs.scot](mailto:gram.childhealthyweightservice@nhs.scot)  
**01224 556 556**

## THE PEOPLE YOU MIGHT SEE

The service is run by skilled dietitians who specialise in working with children, young people and their families. Every family will meet with the dietitian. They will discuss with other professionals how best to support you. That could mean that you also meet some other people. You might meet with:

- ✓ Doctors
- ✓ Nurses
- ✓ Psychologists
- ✓ Other professionals already working with you

## WHAT YOU CAN EXPECT FROM US

We do our best to tailor support to individuals' families. All families can expect that we will:

- ✓ Do a thorough assessment of your family's needs before beginning to work together
- ✓ Be compassionate, respectful, caring and not judge. We will listen to your family's opinions and goals
- ✓ Put the well-being of children and young people at the centre of the care we deliver
- ✓ Regularly review your goals
- ✓ If we are not the right service to provide support, we will do our best to help you access other people who can help



**SCAN TO SELF REFER TO OUR SERVICE.**

**IF YOU WOULD PREFER A PAPER COPY OR  
WOULD LIKE HELP TO COMPLETE PLEASE  
CALL US ON 01224 556556**