



Telford & Wrekin
Co-operative Council

Protect, care and invest
to create a better borough



Talking to Children & Families

Healthy Lifestyles & Weight

Healthy Families

Who we are

- Healthy Families aims to help families become healthier as a whole; whether that be making dietary changes, becoming more active or a combination of both.
- The service doesn't focus on weight loss alone but more about promoting growth into a healthy weight.
- We use language that doesn't promote weight loss, encouraging families to think about healthy minds and bodies to create a balanced lifestyle.
- Working with parents around behaviour change we set SMART goals to develop healthy boundaries, coping skills and teach families how to manage relapses.
- We offer FREE 121 appointments either over the telephone or face to face.



Healthy Families

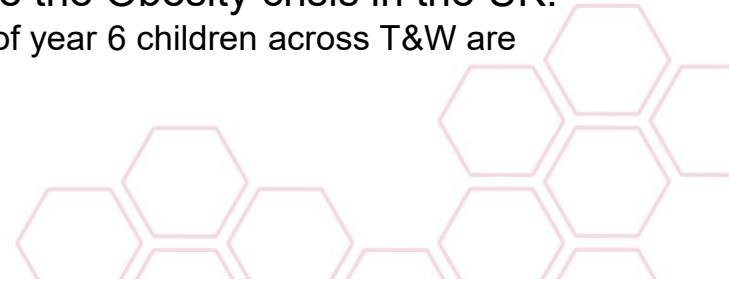
How We Work With Schools

- If we can use a room in school, we can hold clinics there.
- We will contact families who have shown up in our NCMP list.
- With the families' consent, school can make referrals to us.
 - We can see these families either at school or at one of our community clinics



Talking About Weight

- Talking openly about maintaining a healthy lifestyle and weight makes it normal, helps to build trust when done sensitively and stops children from feeling ashamed of their bodies.
- Research by The University of Bath, shows that children are aware of their weight and appreciate being included in conversations about their weight.
- If we do not talk to them, they will hear about weight from other sources. These sources are not always positive or useful.
- The subject of weight needs to be addressed to reduce the Obesity crisis in the UK.
 - NCMP data shows us that 25.3% of reception & 37.4% of year 6 children across T&W are overweight.



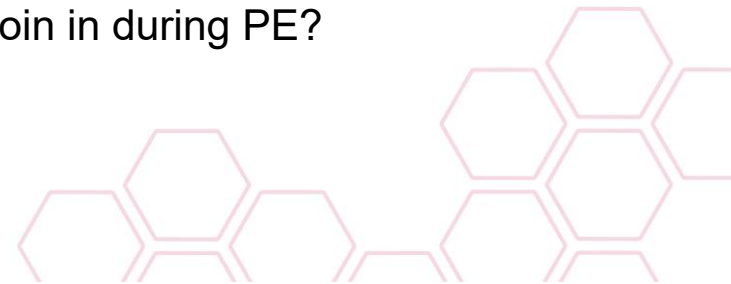
Talking to Parents

- We know that talking to parents about their child's weight can be challenging.
 - Get defensive
 - Feel you are accusing them of bad parenting
 - Think it is OK because 'it runs in the family'
 - Think it will cause an eating disorder
 - You don't feel you can have the conversation because your own lifestyle could be improved



Talking to Parents

- When talking to parents we try to focus on health and promoting healthy growth, rather than weight on its own.
- Your lead into a conversation could be:
 - Attendance (not attending due to concerns around weight)
 - Lunch box contents may be unbalanced
 - Child makes poor choices while choosing school lunch
 - Has the child expressed concern that they look different to other children? Or have other children mentioned this to them? (Don't shy away from that conversation with the child if they bring it up with you.)
 - Is the child significantly less active or able to join in during PE?
 - Poor sleeping patterns
 - As part of the Early Help Assessment





Telford & Wrekin Council
Working with you to make a better borough

Family Name:

Practitioner Name:

Name of person completing:

Headline Criteria

Family Circle One

1. Good Early Years Development
2. Getting a Good Education
3. Improved Mental and Physical Health
4. Secure Housing
5. Financial Stability

- 1 Current need
- 2 Current need and wants support
- 3 Current need and engaged in support
- 4 Need being managed
- 5 Not a current need

PRIVACY NOTICE

I understand that:

Telford & Wrekin Council collect personal information on my/our family to enable the council to provide support services which will benefit me as an individual and/or my family.

That my/our family's personal information will only be shared internally between council services to enable these services to be provided to my/our family.

Telford & Wrekin Council may also share my/our family's personal information with government departments or other public bodies as required by relevant legislation.

For further information please visit www.telford.gov.uk/terms.



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The Early Help Assessment

You can use the physical health and mental health & wellbeing sections to open a conversation about lifestyle.

Be a Role Model

- Learned behaviors can shape our future.
- Be a positive role model
 - Talk about the healthy things you eat
 - How do you balance your own lifestyle
 - Tell them about the physical activity you do and the positive effects it has on your life
 - Join in with healthy lifestyle related activities at school, i.e. Daily Mile/Active Learning
 - Praise children who are actively making small changes



Helpful Resources

University of Bath guide & training

For professionals:

https://xerte.bath.ac.uk/play.php?template_id=2301#page1

For parents:

<https://www.bath.ac.uk/guides/talking-to-your-child-about-weight/>



Telford & Wrekin Council: LGC Council of the Year 2025



Healthy Families

<https://www.telford.gov.uk/healthy-telford/healthy-families/>

Email: healthy.families@telford.gov.uk

Helpful Resources

- [Children's views on weight measurement and talking about weight - the University of Bath's research portal](#)
- [Body image | Mental health support | YoungMinds](#)
- [NHS Food Scanner app - Healthier Families – NHS](#)
- [Healthier Families - Home - NHS](#)



T&W links

- <https://healthytelford.com>
- <https://livewell.telford.gov.uk>

Useful Blogs

- [Meet the Healthy Families Team -](#)
- [Beyond the numbers: what Healthy Families is really about -](#)



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