

Paediatric Obesity Resources

As you are aware the NHS is currently under immense pressure due to the current COVID 19 pandemic. During this period we are not able to provide our usual service as we need to prioritise to reduce the risk to our patients. In view of this, we unfortunately are unable to offer you an appointment in our paediatric dietetic clinic. Should the national position change we will be able to resume our service as normal and you can self-refer back into our service.

In the meantime please find some self-help guidance links attached.

www.nhs.uk/change4life

henry.org.uk

<https://www.webmd.com/parenting/raising-fit-kids/weight/features/weight-loss-recommendations#1>

Familylives.org.uk/advice/secondary/health-and-development/how-to-help-your-child-if-they-are-overweight/

<https://www.helpguide.org/articles/diets/childhood-obesity-and-weight-problems.htm>

<https://infantandtoddlerforum.org/>

Jo Wickes – My body coach Youtube exercise which can be done at home