






The Child Healthy Weight Service

Our team of dietitians, psychologists and coaches will support you and your family to be healthy and active

What matters to you?

We will pass on tried and tested advice and tips to work on what is important to you. You might want to think about what is working well at the moment, what you would like to see change and what are your best hopes for the future. We have supported people with a range of topics including:

-  **Food** – food groups, portion sizes, snacks, emotional eating, budgeting.
-  **Activities** - physical activity, screen time, school.
-  **Sleep** – your routine, any issues with sleep.
-  **General health and wellbeing**
-  **Recording your daily habits** - using a lifestyle diary and setting goals.

Meeting face to face or online

We can meet online or in a local clinic, just let us know which you would prefer.

We will work with you and your whole family but ask that we meet without your child for your first appointment if they are under 12 years old. We have often found there are topics you may not want to discuss in front of them.

Running late, need to cancel, or have a question?

If you need to cancel, are running late, or have any questions call **0131 537 9169**

You can find more information about us and other helpful websites at

<https://weare.nhslothian.scot/childhealthyweight>