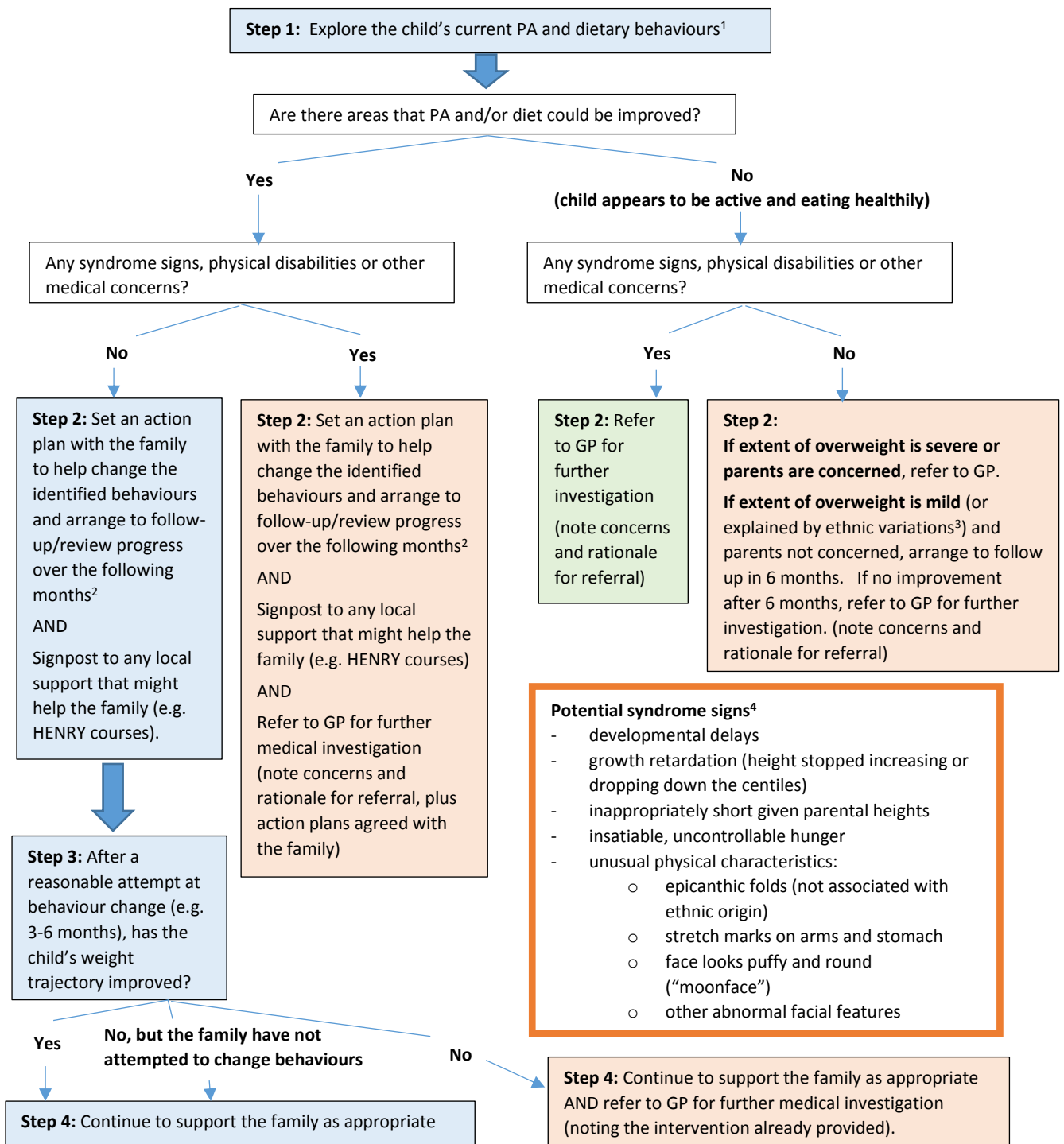


What should I do if I find a pre-school child to be overweight?



¹See modules Physical Activity and Sedentary Behaviour and Nutrition for guidance on talking about PA and diet with parents. Be aware that many parents may perceive or report their child to be eating healthily and be physically active (regardless of whether they actually are), therefore open questions can be used to try and understand what the child is eating and doing on a daily basis. Consideration should also be given to the home environment, e.g. are parents overweight? How active do you observe the child to be? What types of foods have you noticed around the house?

²See module Behaviour Change Techniques for guidance on setting action plans and supporting behaviour change in families

³See module on Culture for an explanation of how ethnicity might affect children's BMI measurements

⁴See module on Identifying pre-school weight for further explanation of potential syndrome signs