

## What if I can't attend a session?

We understand that life can be busy and you might not be able to attend a session. We do encourage you to attend as much of the programme as possible, if you are not able to attend please let us know by phoning or emailing the contact details provided.

## Can I turn up to the programme without booking on?

We accept self-referrals and referrals from health care professionals for you to book a place on the programme. If you would like to find out more and book on to the programme, please use the contact details provided.



### Children and Young People's Weight Management Service

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01639 683142

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## Healthy Families

### Frequently Asked Questions

What to expect on our 8 week Healthy Families parenting programme.





An **8-week parenting programme** designed to help parents who are concerned that their child is **overweight**.

We know that being a parent can be tough. In this programme we will give you some **tried and tested tools** to make some lasting changes that aim to help you and your family improve your health and wellbeing.

## Who will be delivering the sessions?

The programme has been put on by the Swansea Bay's Children and Young Peoples' Weight Management Team. The team has specialists who work in areas of diet, activity, sleep and psychology. Each week there will be two members of the team delivering the session.

## Why is the programme just for parents?

Evidence shows that parent group programmes not only produce good results but give parents the opportunity to meet and share experiences with people in similar situations.



## Can I bring someone along to the programme?

We are happy for you to bring a family member or friend to the session. It's a good idea to have someone who supports your family (partner, grandparent, aunt, neighbour) or a friend who wants to make changes within their own family.

## What will I have to do on the programme?

The programme will provide you with interesting and practical information that you can use with the whole family. You will also have the chance to meet other parents and share the journey together. The sessions are informal, relaxed and confidential. Feel free to ask questions or just listen as you feel comfortable.