

Healthy Child *Service

The Healthy Child Service

The Healthy Child Service is a family-focussed programme, providing a safe space to explore a range of issues relating to your child's health and wellbeing. Our aim is to improve health as much as possible, in order to encourage a happy and fulfilling life.

We support children and young people to learn, thrive and overcome their challenges. This might mean finding ways to improve confidence and self-esteem, gentle guidance on meal/snack choices, advice on sleep/sleep hygiene, or discovering movement that is exciting, inspiring, and personal to you.

Who is The Healthy Child Service for?

We work with children, young people and their families who are:

- 0-18 years of age
- Living with a higher body weight
- Motivated to make changes to improve health and wellbeing

What do we believe at the Healthy Child Service?



We believe in getting to know families first - one size doesn't fit all and it's helpful to understand your life, your priorities, even your likes and dislikes before we start working on a plan.



We believe in fun and positive experiences! We know that if something feels good we are more likely to do it so why should it be different for weight management?



We believe anybody can make changes, yes anybody! You might feel like things haven't worked out in the past. We can support you to try again.

Weight management is NOT about:

- ✘ Diets and quick fixes
- ✘ Only focussing solely on weight, shape or size.
- ✘ Only focussing on food and exercise
- ✘ Making assumptions about you and what works best for you



Our Team

We are a small friendly team that works across Dumfries and Galloway. Together we have considerable experience working with people in both community and clinic settings and have a broad understanding of the challenges many families face in today's environment.

How do I get in touch?

Discuss concerns with your health visitor, school nurse or health care professional
Contact dg.healthychildfeedback@nhs.scot for more information or to arrange a friendly, informal chat with one of our practitioners.

Scan QR Code to access our self referral form.



Scan me for
self referral
form!

