

Patient Information

Top Tips for Getting Your Child Involved

If your child is struggling to get involved / on board with making changes, the following suggestions may help:

- Give your child some say in the changes they make. Talk to them and ask their opinion. What is it that they would like to do?
- Talk to your child about what might be better if they were to make changes? What difference could it make to them?
- Consider letting them choose a goal that the whole family can do, or write a list that each family member can choose from.
- Encourage them to get involved with cooking / planning / preparing food. Try giving them more responsibility in doing these tasks.
- Agree a reward as a motivator. This can work well to get things off the ground but make sure the goal and reward are clearly agreed. In some cases a written agreement that both parent and child sign up to can be helpful.
- Don't comment or cajole your child if they are disinterested. Instead offer encouragement and praise for any movement towards change.
- Maintain a calm and positive 'can do' approach.
- Your child may be afraid of failing. Show them you have confidence in their ability to make some changes.

Be prepared to make some changes yourself. 'Do as I do' NOT 'Do as I say'.