

# Children and Families Living Well Service



Eating healthy, being active, getting a good night's sleep, and looking after your mental health are all important.

Developing healthy habits around these areas in adolescence is the foundation for good health in adulthood.

The Children and Families Living Well Service accept referrals for children aged 2-19 who are above a healthy weight.

The service have friendly, trained advisors who offer six home-based sessions to parents of children under the age of 13 or they can work more directly with children aged 13 or over.

The team is supported by a registered mental health nurse and dietitian.

They will encourage you and your family to take positive steps which are right for you, supporting you to identify changes that will help the whole family work towards goals such as **eating well**, **moving well**, **sleeping well** and feeling **mentally well**.

To access this service please call: **01274 435660**

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## Why is it important to eat well?

- To maintain a healthy weight
- To lower your risk of developing diseases and conditions
- To help you to feel good about yourself
- To give you more energy to enjoy life

## Why should we be physically active?

Being active is good for your body and your mind. Young people should aim to do at least 60 minutes of physical activity a day. This means anything that gets you moving. It's not just playing sport, it can be things like as walking, cycling, dancing or taking the stairs more often.



## Let's talk about sleep

Good quality sleep is vital for health and wellbeing. How we sleep and how much sleep we need is different for all of us and changes as we get older. Getting good sleep can be difficult but there are things we can do that help us to sleep well on a regular basis leading to better overall health.

## Mental health and wellbeing

This describes your mental state, how you're feeling and how well you can cope with day-to-day life.

Looking after your mental wellbeing isn't something you should only do if you're struggling, feeling low, anxious or stressed. It's something you should think about all the time, the same way you look after your physical health.



The wording in this leaflet can be made available in other formats such as large print and Braille. Call 01274 435660.

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