

# **Families, Food & Feelings Parent Programme**

For parents/carers of young people aged 5-17 who are above a healthy weight.

**Brandon  
Centre**

Here for Young People

# Families, Food & Feelings Parent Programme

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people aged 5-17

Brandon Centre has been commissioned to deliver the Families, Food and Feelings parent group to parents/carers of children aged 5-17. The group is a part of our Enhanced Healthy Living Service and aims to support families to live healthier lives both physically and emotionally. Many of the parents/carers who attend the group are struggling to get their children to eat a healthy diet or be active enough. This is a common challenge in our modern lifestyles but the group facilitators can help you to encourage your children to have a healthy relationship with food and exercise. The group also focuses on the link between physical health and your child's emotional well-being. The group provides practical advice and strategies as well as support.

This parenting programme is for parents/carers who would like to learn practical skills and feel supported in encouraging their children to have healthier behaviours linked to food, exercise and weight. The aim of the group is to offer a welcoming, non-judgmental and supportive space where parents can share ideas and experiences, and learn from both facilitators and each other.

## What does the programme cover:

Families, Food & Feelings is a parenting group for parents & carers of children, who struggle with excess weight and healthy eating habits. A group of parents will meet for approximately 2 hours for 6 consecutive weeks and learn about the following topics:

- Your family's relationship to food
- Parenting skills that help promote healthy habits in your child
- Role modelling healthy behaviours for your child
- Boundaries & managing your child's behaviour particularly around eating
- Addressing challenges to healthy living & eating
- Parental support & self-care

## When and where do the groups take place?

The Families, Food and Feelings parent programme takes place 4 times per year and is delivered online or face to face in community venues. The location of the venue will vary for each of our groups and will be confirmed a month prior to the group starting. The group is usually run in the morning but some of the groups are run at other times depending on demand.

## Who runs the groups

The programme is run by qualified facilitators with experience and knowledge of child development, health behaviour and emotional wellbeing.

## How do I attend the group?

You can self-refer by sending an email to our Enhanced Healthy Living Team at **[brandoncentre.healthyliving@nhs.net](mailto:brandoncentre.healthyliving@nhs.net)**. Alternatively, your GP or other professional in your network can refer you by filling out our referral form available on our website **[www.brandoncentre.org.uk](http://www.brandoncentre.org.uk)** and sending it to the same email address.

Feedback quotes from parents:

**“Quite an eye opener, every aspect of the course has very useful and applicable information.”**

**“I would recommend it. Fantastic group facilitators.”**

**“I would recommend this group to any parents who are struggling with their child's eating or any other behaviour.”**

**“Everyone was friendly and inviting”**

**“I think that both trainers were excellent and empathetic. The course was well structured and well organised; everything was run very efficiently!”**

## Contact details

If you would like to get in contact with us for more information or to self-refer, you can call Brandon Centre on **020 7267 4792** or email **brandoncentre.healthyliving@nhs.net**

## Address

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