



Information Leaflet for Parents and Carers

Topics covered in the X Programme include:

- Play and Praise
- Physical Activity
- Basic Nutrition
- Healthy Body Image
- Food Labelling

Who is this leaflet for?

This leaflet is for parents/carers of children and young people who might be considering how the X programme can help improve overall health and wellbeing, have a better relationship with food and develop a healthy body image

The X Programme

The X Programme was developed by health professionals based on the principles of health behaviour change and aims to motivate participants to feel positive about making sustainable lifestyle changes.

It is a mix of fun games, health & wellbeing education and physical activity, and runs for 9 weeks (2 hours per week).

It is currently delivered virtually using Microsoft Teams. The child, with at least one parent/carer should attend. It is a group intervention so other families would be there too.

It is a family focused, interactive, lifestyle-change programme. It encourages healthy eating and promotes physical activity as well as exploring what else can help to keep us well including other sources of support.

What are the aims of the X Programme?

- Improve the quality, variety and quantity of the food eaten
- Maintain ability to listen to their body's need for food – responding to internal cues of hunger, thirst and fullness
- Improve skills to make better choices about food and health, appropriate to different social and cultural circumstances
- Parents and carers become good role models – promoting good food choices and body confidence.
- Take part in physical and social activity to improve wellbeing
- Build good self-worth, self-care and body respect
- Develop a healthy body image

Who delivers the X Programme?

The X Programme is currently delivered by trained and experienced facilitators from the Care & Learning Alliance (CALA).

You will have the opportunity to talk with the facilitators before the start of the programme to discuss any questions or concerns.

Is it trying to get children to lose weight?

Weight is complex and is influenced by many things including life circumstances. The X Programme aims to increase your child's overall health and wellbeing, regardless of any change in their weight.

Who can attend?

Any family with a child between the age of 2 – 16 (or up to 18 if appropriate) who has a high or low BMI, who would like to have a better relationship with food, or who would like to improve their body confidence.

Exceptions can be made for children and families who do not meet the criteria but who would particularly like to join the programme.

For more information

www.thexprogramme.scot.nhs.uk

How to refer your family

There are a variety of ways to refer:

Visit The X Programme website at - www.thexprogramme.scot.nhs.uk/how-to-refer

Emailing your local paediatric dietetic service - paediatricdietitians@highland.gov.uk

Phone the paediatric dietitians on - 01463 705 097

| | | |
|--|---------------------|-----------------------|
| Issue: 1 | Date: March 2022 | Review: March 2024 |
| Sarah Mackenzie, NHS Highland, Public Health Directorate, Larch House, Stoneyfield, Inverness, IV2 7PA | | |