

Child Healthy Lifestyle Team

What services can be provided:

Our role is to work with you and your family. We will discuss where you feel your family is experiencing difficulties and how we can help you make changes. Services are tailored to the needs of each individual family. Clinic and home visits can be provided as well as group sessions.

About the team

The team consists of :

- dietician
- physiotherapist
- parenting specialist.

Who is eligible for our services?

Children aged 2 to 13 years who are overweight.

There are many reasons why a child's weight may move into the unhealthy weight range. It often happens without parents really realising that their child has become overweight.



When should I contact the child healthy lifestyle team?

When you think that your child may be overweight and you would like some support to get your family living a healthier lifestyle.

What can the team help me with?

- learn how much food your child needs every day
- increasing your child's physical activity
- packing a healthy, well-balanced lunch box
- limiting screen time
- understanding why we overeat
- how to provide a more filling diet
- increasing your child's self esteem and emotional resilience
- building a stronger relationship with your child.

What is the cost?

It's free. This service is funded by Queensland Health.

Contact Child, Youth and Family Health

Child Health Access phone number: (07) 5319 4824

Fax number: (07) 5370 4903

Email: ChildHealthAccess@health.qld.gov.au



Standard 2
Partnering with consumers



Standard 11
Service delivery



Standard 12
Provision of Care

