Ward off winter weight gain.

Do your kids tend to want to eat more during the colder months? Are they more reluctant to go outside and play due to shorter daylight hours and the cold? What can we do to make them feel fuller for longer and be more active this winter?

Tanzia Butterfield, Paediatric Dietician from the Sunshine Coast Hospital and Health Service (SCHHS) Child Healthy Lifestyle Team says there are many reasons why a child’s weight may move into the unhealthy weight range, especially during the cooler months.

“There are plenty of straightforward tips that may help kids ward off the winter weight gain,” she said.

“We are lucky on the Sunshine Coast to have some beautiful mild sunny days, look at how you can adjust exercise routines to reflect the change in season. For example, make the most of the weekends and get active as a family, head to the beach or explore the national parks.

“Diet is also critical to keeping our kids healthy over winter. Include a good quality lean protein or reduced fat dairy with each meal. A homemade chicken pizza on a wholemeal pita pocket with cheese and veggies is a quick and filling family favourite,” she said.

“Sneaking in vegetables can be as easy as finely grating squash and mixing it in with the cheese.

“During winter kids often spend more time indoors which can lead to unnecessary grazing or boredom eating. Try and establish structured meal and snack times and don’t allow snacking outside of these times.”

If you are concerned about your child’s weight being above the healthy range for their age the Child Healthy Lifestyle Team can help. Our team consists of dieticians, physiotherapists and parenting specialist.

We work with you and your family, discuss where you feel your family are experiencing difficulties and how we can help you make practical changes. Each situation is unique so we tailor to the needs of each individual family.

To make an appointment, contact Child Health Access on 5319 4824. Clinic and home visits can be provided as well as group sessions.

ENDS
Media Opportunity:

When: Thurs 14 May 2018,
Where: 10am Sunshine Coast University Hospital, meet at main foyer
Who: Tanzia Butterfield, Paediatric Dietitian