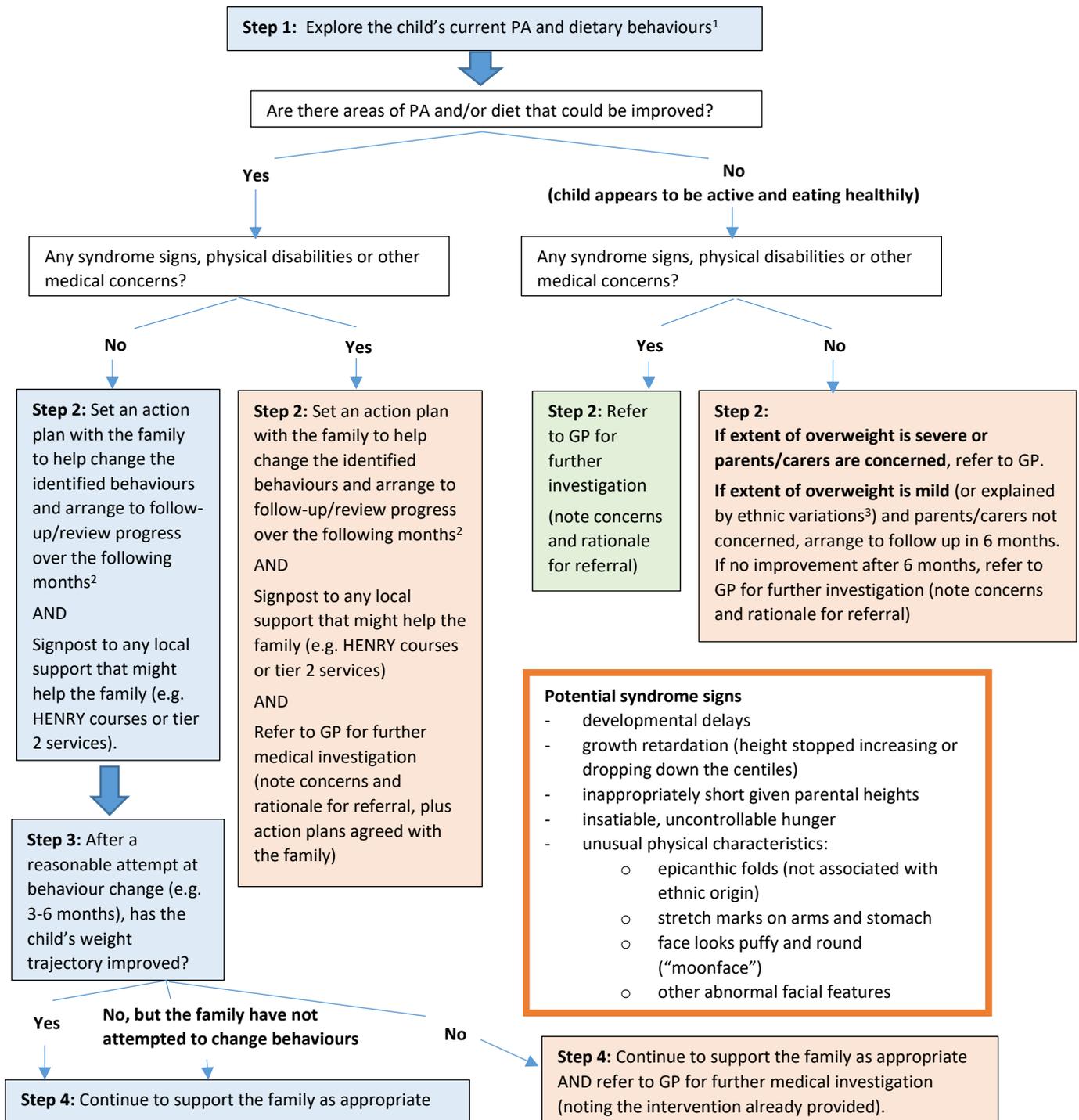


What should I do if I identify a child with overweight?



¹See [Infant and Child Nutrition](#) and [Physical Activity and Sedentary Behaviour](#) modules for guidance on talking about PA and diet with parents/carers. Be aware that many parents/carers may perceive or report their child to be eating healthily and be physically active (regardless of whether they actually are), therefore open questions can be used to try and understand what the child is eating and doing on a daily basis. Consideration should also be given to the home environment, e.g., are parents/carers living with overweight? How active do you observe the child to be? What types of foods have you noticed around the house?

²See [Behaviour Change Techniques](#) module for guidance on setting action plans and supporting behaviour change in families

³See [Cultural Considerations](#) module for an explanation of how ethnicity might affect children's BMI measurements