

Hi there!

**You will learn more about our program in
the slides below.**

SickKids[®]

Healthy Living Clinic

Our Team

Physicians

Nurse
Practitioners

Registered
Nurse

Registered
Dietitians

Psychologists

Social
Worker

Exercise
Therapists

Physical
Therapist

Clinic
Coordinator



Our Goals

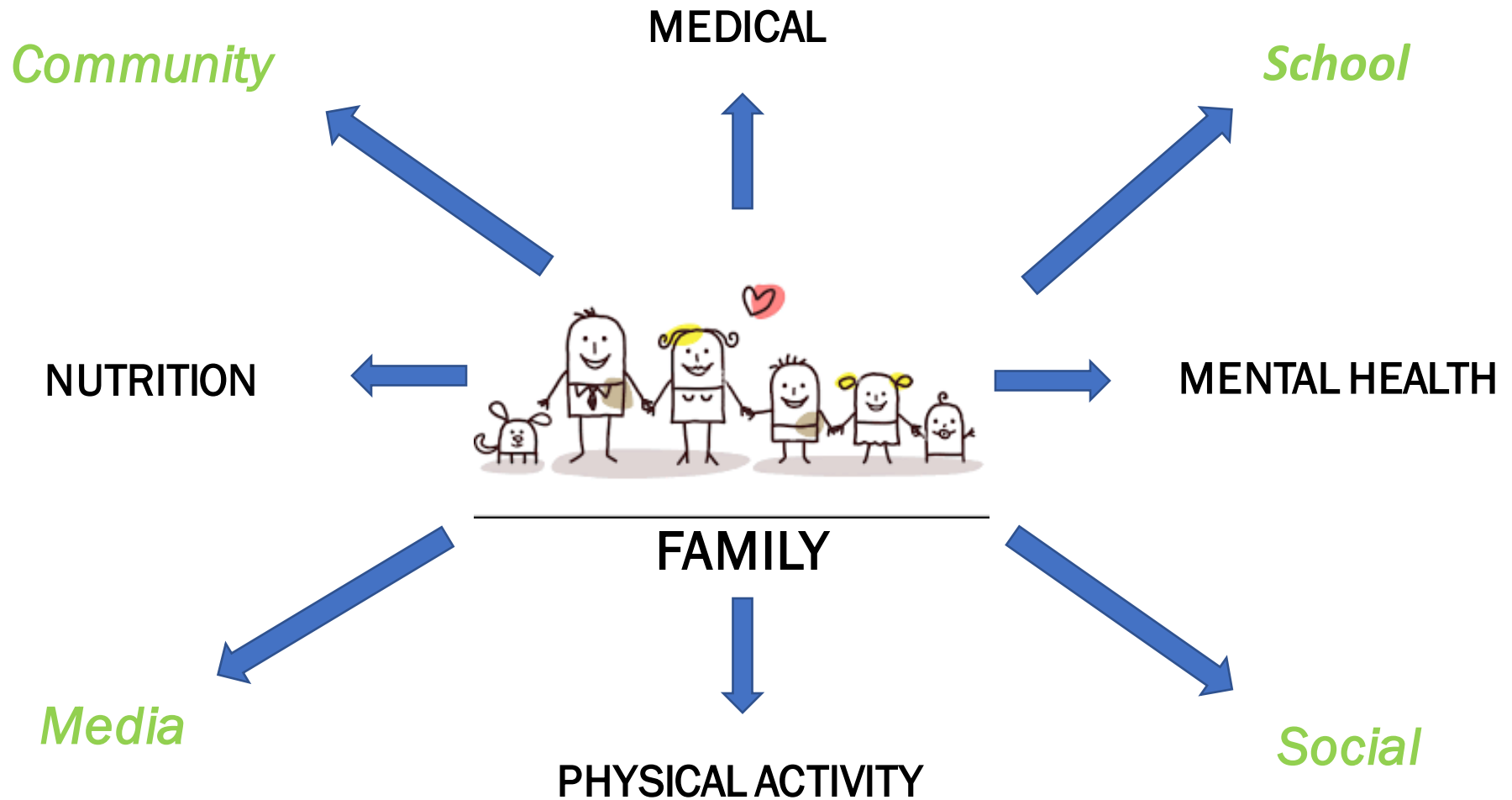
Improve your health and quality of life by supporting change to:

- Activity and Nutrition
- Family functioning
- Strategies for coping with stress

We also aim to:

- Improve communication between care providers about your care
- Educate care providers on how to care for other children with extra weight
- Improve health of children who carry extra weight through research

Framework for Treatment



Our Programs



Working with Parents & Caregivers

Ages 6 months to 9 years

We know from the research that working directly with the parents and caregivers of younger children leads to the most successful outcomes

Working with Teens & Parents & Caregivers

Ages 10 to 17 years

The research tells us that working with the young person along with the help and role modeling of the parents and caregivers results in the greatest success with healthy living

Program Formats

EARLY YEARS: Ages 6 months to 9 years

- Parent Group 3rd Tuesday of the month 12 noon – 1 pm
- Individual visits every 4-6 weeks
- Medical visits every 6 months

MIDDLE YEARS & TEENS: Ages 10 to 17 years

- 8-Week Group Thursdays from 3:30 – 5 pm
- Individual visits every 4-6 weeks
- Medical visits every 6 months

**10 & 11 year olds do not attend group*



Intake Assessment with our Team

This is a 4-hour day so you might want to bring snacks and ask for a break if you feel you need one!

You'll start the morning off by completing bloodwork

Next you will meet individually with members of our team which could include a dietitian, exercise therapist, medical team, psychologist and social worker

Shortly after your visit, you will receive an electronic letter outlining your proposed plan of care and next steps

Medical Visits



Physicians, Nurse Practitioners & Registered Nurse

- During medical check-ins, growth trends and monitor lab results
- We will help monitor for any weight-related medical issues
- Adjunctive treatments such as medications can also be discussed at these appointments

Nutrition Visits

Registered Dietitians

- Normalized eating (the rule of 3)
- Healthy portions & Plate Method
- Balanced meals & snacks
- Effective role modeling
- Food Environments (in and out of the home)
- SMART goals (small, sustainable changes)



Activity Visits

Exercise Therapists

- Build more movement into each day with active living
- Add in strength training to make ADLs easier
- Screen time reduction strategies & movement snacks
- Restorative yoga and meditation to combat stress

Physiotherapist

- Assess muscle and joint pain or mobility issues
- Strength and stretching plans tailored to your body



Walk More



Take the
Stairs



Park a Little
Farther Away

**Make your
whole day
matter.**



Move More. Reduce Sedentary Time. Sleep Well.

Mental Health Visits

Psychologists & Social Worker

- The process of making lifestyle changes can be challenging
- We can help you look at how thoughts, emotions and behaviours play a role in adopting a healthy lifestyle

Mental Health Tool Kit as Related to Healthy Living

- Healthy Eating Behaviours
- Body Positivity
- Coping & Stress Management
- Parenting Strategies
- Behavioural Activation
- Emotional Awareness
- Goal Setting & Motivation



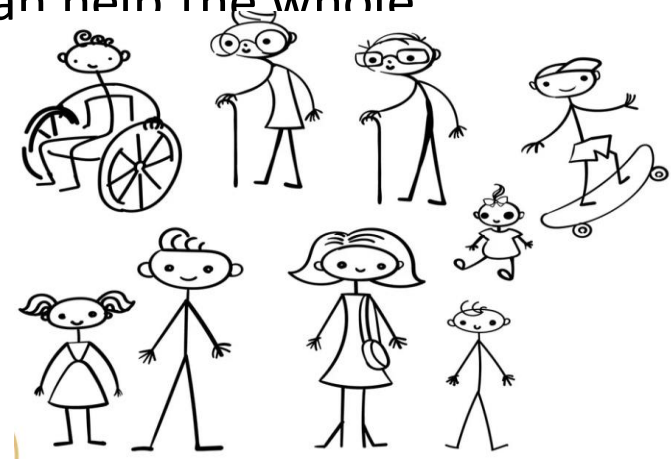
What is Success?

- Improved health indicators like cholesterol, sleep, and fitness
- Improved self-esteem and quality of life
- A decrease in weight trajectory or weight stabilization
- Some patients will go on to lose small amounts of weight

*Did you know positive health benefits are seen
with weight loss of about 5%
(12 lbs for a person who weighs 250 lbs)?*

A Focus on Family

- Families look different for everyone, large or small, they can encompass an array of cultures, religions, gender identities, and blood or non-blood relatives
- Research shows that family support is **CRITICAL** to success which is why we require at least one parent or caregiver to attend the groups
- Role modeling healthy behaviours have a huge influence on your children, and we know this leads to their goal setting success
- Strategies that you learn in the program can help the whole family, regardless of their weight



Resources/Support

Meant2Prevent: [Meant2prevent.ca](https://meant2prevent.ca)



Early On: <https://www.ontario.ca/page/find-earlyon-child-and-family-centre>



Kids Help Phone: Call 1-800-668-6868 or text CONNECT to 686868 (24hr/day)



Help Ahead: helpahead.ca or call 1-866-585-6486



[Diabetes.ca](https://diabetes.ca)



Resources/Support

Dietitians of Canada: [Members.dietitians.ca](https://members.dietitians.ca)
Find a dietitian



AboutKidsHealth.ca: "Healthy Eating for Teens" and "Healthy Eating for Teens" and "Cholesterol Lowering Diet"

AboutKidsHealth

activeforlife.com



<https://www.toronto.ca/explore-enjoy/recreation/>



participation.com



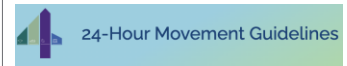
Resources/Support

Instagram Lives with Allie Lougheed (Exercise Therapist in the Healthy Living Clinic!). Search: [movement with allie](#)

Instagram



Canadian 24-Hour Movement Guidelines:
www.csepguidelines.ca/guidelines



Good Fox Box: <https://ryersonian.ca/index-40.htm>

Jumpstart (recreation funding): <https://jumpstart.canadiantire.ca/pages/individual-child-grants>



FAQs

How long will I wait to be booked for an intake assessment?

- ✓ Average wait time is 9 months

Are there any resources or programs I can contact while I wait to help?

- ✓ See our Resources slides above

Are the groups mandatory?

- ✓ Even though you may feel nervous, they are a favourite with our families and yes, they are mandatory

What if I start the program when I'm 17?

- ✓ Our team will create the best plan of care for you in our program and help you connect to an adult program

What if I have another child who could benefit from the program?

- ✓ You can ask your healthcare provider for a referral. We take a family-based approach so you can apply what you learn to everyone.

Do you have experience with special populations?

- ✓ Yes, we see children with a variety of conditions and diagnoses