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| **How many sessions did the family attend?** | The family attended all nine weeks of the Change Maker programme. They also attended a Change Maker party during the half term which consisted of sport taster sessions, cooking activities and a chance to speak with the School Nurses.  |
| **Background information** | The child struggled with portion sizes, **emotional eating** and snacking, particularly after school and before bedtime. As a family there was little motivation to exercise, this was coupled with the child **avoiding school PE lessons.** They were always very anxious in the morning when they knew PE was timetabled in the school day.  |
| **Change Maker information** | * Fruit & Vegetable intake increased due to **swapping crisps**, chocolate and sweets to carrot sticks and fruit in school lunchboxes
* As a family they aimed to achieve the 10,000 steps a day, for example if the weather was nice they would go for a walk after school as a family.
* Created **healthy recipe book** using resources provided on the course
* **Coping strategies** were set in place to deal with emotional eating, such as mini challenges and the parents no longer purchased the child’s go to unhealthy snacks
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| **Following on from Change Makers** | * The family regularly **achieve the 10,000 steps** due to purchasing fit bits
* The child **joined the local gym** 6 months ago and thoroughly enjoys the classes, particularly circuits and dance attack.
* The child now **enjoys school PE lessons** and no longer “accidentally” forgets their kit. They feel more comfortable and confident in PE since joining the gym.

*“Change Makers really helped us a family, it really kick started the positive changes!”* |

