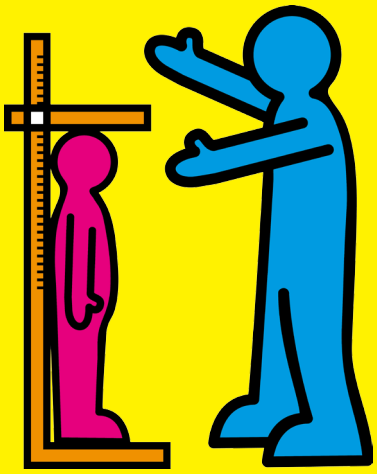
Easy Read

GIG CYMRU NHS WALES | Iechyd Cyhoeddus Cymru Public Health Wales

We need to check your child's weight and height



Information for parents

This is an Easy Read version of the Public Health Wales leaflet **'Information for parents about the Child Measurement Programme for Wales'**

January 2015

What is this leaflet about?

We want to know more about how children in Wales are growing.

So we need to:

- **measure**

- **and weigh**

all children in reception classes.

We need lots of children to take part – if lots of children take part we will get lots of information about how children are growing.

This will help the NHS better plan and provide healthcare.

What will happen?

If you are happy for your child to be weighed and measured you do not need to do anything.

1. During the school year, the School Nursing Team will visit your child's school.

2. A nurse will call for your child.

3. To make sure no one else sees, your child will be weighed and measured in the quietest area of the school.

4. Your child will be asked to take off heavy clothes - like sweatshirts and shoes.

5. The nurse will ask your child to stand on some scales to be weighed. This is so we can check their weight.

6. Next, the nurse will ask your child to stand against a measuring stick. This is so we can check how tall they are.

7. After your child has been weighed and measured they can put their sweatshirt and shoes on, and then go back to class.

Will everyone see?

No. The weighing and measuring will be done in a private area. No one will see.

Will everyone know my child's weight and height?

No. We will keep this information private. It will be part of your child's health record.

We will use the information to learn how children are growing across Wales.

Does my child have to take part?

No. But you need to tell your school nurses if you do not want your child to take part. You need to do this as soon as possible.

Will you let me know my child's weight and height?

Yes. You will get a letter from the school nurse that will explain how you can see the information.

Where can I get more information?

More information can be found on our website. There is also a video you can watch on the website.
www.phw.nhs.wales/services-and-teams/child-measurement-programme

Handy tips to keep your family healthy

There are lots of things you can do to keep your family healthy. Here are some great tips.

Up and about

Our bodies were not made to sit.

To be healthy, children need to jump, run, and move.

5 a day

It's important to eat at least 5 portions of fruit and vegetables every day.

Meal time

It's important to have regular meals.

Make time for 3 regular meals: breakfast, lunch, and dinner.

Eat together as often as you can.

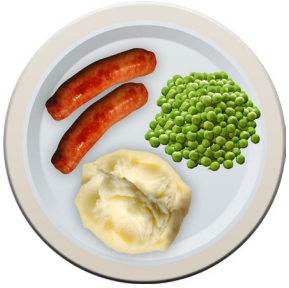
Snack check

Try and only eat 2 snacks a day.

Try and eat less unhealthy snacks – foods that are full of sugar, salt or fat.

Swap unhealthy foods for healthy foods.

Me-size meals



Too much food can be unhealthy.

Remember - children only need children-sized meals.

Sugar swap

Swap food and drink with lots of sugar, for food and drink that are low in sugar.

Keep fit and healthy with Change 4 Life

Would you like more information on helping your children stay fit and healthy? Join the Change 4 Life project and you will get lots of recipes, games and ideas.

You can join Change 4 Life at:

www.wales.gov.uk/change4life