

Overweight children (2009)

Type: Brochure

Description:

This colourful and clearly presented brochure focuses on overweight children and the ways parents and carers can help to manage and/or prevent this health problem. It covers topics including:

- breastfeeding
- formula feeding
- healthy foods and drinks
- unhealthy foods and drinks
- being active
- growth checks with health workers or nurses
- steps to take if your child is overweight

When to use this resource:

This resource is part of the *Growing strong: feeding you and your baby* set of resources developed by Queensland Health to help health staff talk with Aboriginal and Torres Strait Islander families about nutrition for babies and growing children to prevent weight and obesity health problems.

Producer:

Queensland Health, Brisbane

To order copies of this resource

Brochures are only available to those working with Aboriginal and Torres Strait Islander families in Queensland.

Order form: http://www.health.qld.gov.au/ph/documents/hpu/growingstrong_order.pdf

If you are not from Queensland you can download the PDF of these brochures from:

http://www.health.qld.gov.au/ph/documents/hpu/growing_strong.asp

View website:

Queensland Health, Population Health

<http://www.health.qld.gov.au/ph>

