

Bullying
Health Risk
Causes

Overweight children are often bullied by peers and lead to social rejection.
Overweight children can become overweight adults at risk of high blood pressure, diabetes, heart and breathing problems.
Inherited;
Not eating healthy diet;
Lack of exercise.

Nutrition:
Foods to avoid
Healthy foods

Reduce/avoid fatty, high sugar/refined foods: chips crisps, sausages, junk foods, sweetened breakfast cereals, yoghurts, sweets, cakes and biscuits, ready meals and fizzy drinks.
Emphasise healthy foods (not low calorie) - fruit and vegetables, lean meat, fish pulses and wholegrains.

Nutrition

Aim to stabilise blood sugar levels by eating protein and carbohydrates at each meal and snack. Essential fats found in oily fish, nuts and seeds help increase the metabolism. Eat in moderation. Reduce portion sizes and introduce healthy snacks. Eat together seated away from TV. Encourage help in choosing and preparing foods.

Exercise

Regular exercise is essential to increase the metabolic rate and tone and strengthen muscles. Make it fun by increasing variety, walk a dog, play ball games, gym and trampolining, join sponsored walks, races, cycle rides, join a team, dancing, martial arts classes etc.

Sugar Addiction

Introduce New
Healthy Foods

Rewards

Sugar is addictive - patience and persistence is needed to retrain the taste buds.

It may take 15 tries before children are "used" to eating new foods.

Perhaps implement a star chart with rewards.

Psychology

Confidence

An important step is to make sure that no-one in your family is using an obesity-related nickname. If you are overweight and your family call you "Podge" it can really hurt.

This problem robs children of self confidence.

Baby Steps

Excess weight does not simply disappear; improvement is step by baby step and there will be temporary setbacks.

Peer Pressure

Ready Prepared

It might not be 'cool' for friends to see your child eating healthy foods, so try to make them more attractive.

Keep healthy finger foods ready in the fridge.





The Clover House Solution

189F – Kathy, Aged 10



Overweight – Anxiety – Separation – Sleep - Mum

The Problem

Mum wrote to us because Kathy had a weight problem and suffered from anxiety. She was also very clingy and also had to know where Mum was. Mum also suffered from depression – she had been in prison for a month and had separated from her husband after an abusive marriage.

Our Solution

Creative Imagery: Our therapist helped Mum and Kathy do a ‘rewind’ of the last three years of their lives, in order to detach their emotions from it. Kathy was still suffering from her parent’s separation, imagining it as a heavy weight on her shoulders, and was helped to imagine that she grew wings and flew away. Mum was shown a ‘car-wash’ technique, washing her husband with good emotions.

Aromatherapy: Mum was shown how to massage Kathy using lavender oil and was also taught to do some reflexology on her feet. Kathy found that the massage and the lavender oil were very relaxing.

Nutrition: Our nutritionist made lots of suggestions, which helped Kathy to loose weight: porridge for breakfast instead of sugar puffs; to replace pasta with brown rice; to eat red meat only once a week and to eat fish instead; to eat more vegetables and to cut out sugary drinks and snacks. Kathy was also told to sit up and to be more relaxed at meal times; to do more exercise; to eat more slowly and to have smaller portions.

The Results

By her second visit, Kathy had lost 5lbs and continued to loose weight. At her third, she was confident enough to wear a strappy top and was less clingy and reliant on Mum. They said “**Thank you so much to you all for giving us both support and a new way forward. Clover House has been invaluable to us both**”.

The Clover House Solution – Natural Healing for Children

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