

# Supporting the Social and Emotional Wellbeing of Children with Higher Weight

## Continuing Professional Development Learning Record

Complete and save a copy of this form to create your own record of CPD you've undertaken or to further embed your learning. Please note, MHPN is unable to provide Statements of Attendance for viewing webinar recordings or listening to podcasts.

### Your details

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**Your name:**

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**Date completed:**

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**Activity Name:** Supporting the Social and Emotional Wellbeing of Children with Higher Weight

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**Learning outcomes**

- Discuss how children with higher weight are at greater risk of negative mental health outcomes.
- Outline strategies to address the effects of weight stigma and bullying on children with higher weight.
- Discuss how to explore the child's best and healthiest life, rather than weight and weight loss.
- Identify strategies to develop a team of supporting adults around the child, who provide cohesive and encouraging messages for children with higher weight.
- Discuss how to use positive and non-judgmental language when working with children with higher weight and their families.

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**Time spent engaged in the activity:**

(including completing this form)

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After watching or listening to the activity, consider the following:

1. What were three key messages that were covered in the activity?



2. Identify your learning goal and how the activity's content aligned with that goal.

3. What actions are you going to take to use the learnings to improve and/or change your practice? For example:

- Explore the topic further in a supervision session or with a peer/colleague
- Identify and read the latest research
- Undertake additional courses, study or training
- Search MHPN's webinar or podcast libraries for more PD content
- Join an MHPN network to connect with other practitioners for networking, peer support or PD

4. Please note any other reflections on the topic or activity.