

Supporting the social and emotional wellbeing of children with higher weight

Case study – Tom

Tom is ten years-old and lives with his mother, Sarah and his younger sister, Kate. Tom's parents are separated and his father, Liam, now lives interstate with his new partner.

Sarah has an appointment with Tom to see a general practitioner (GP) because he is refusing to go to school and complains of tummy pain. Sarah suspects that this might be related to some issues that he is having at school with some of the other boys teasing him because of his weight.

The teasing started last year and Tom's teacher and best friend, Ravi, were both very supportive.

In this first consultation with Tom and Sarah the GP asks about the problem and gathers information about Tom and to help uncover the issue behind the presenting problem. Tom believes that the teasing would stop if he goes on a diet. Tom's GP addresses weight stigma and bullying with Tom during this consultation and is keen to challenge the notion that Tom's weight is to blame for the teasing.

View Tom's story in a video here: <https://vimeo.com/747096110/d0d526f1ea>