

## Supporting the social and emotional wellbeing of children with higher weight

### Emerging Mind Resources

**\*Please note the resources displayed in this document were accurate at the time of publication\***

[Supporting parents of 4-8-year-old children with mild to moderate anxiety \(emergingminds.com.au\)](https://emergingminds.com.au)

This practice guide provides information about anxiety in childhood years that span from home/childcare to the first years of primary school. It aims to help generalist services support parents to address mild to moderate anxiety for children in this age group (approximately 4-8 years).

<https://learning.emergingminds.com.au/course/supporting-the-mental-health-of-children-with-higher-weight>

This course examines practice strategies for supporting the social and emotional wellbeing of children with higher weight. It aims to improve your understanding of the connections between higher weight and mental health in childhood.

<https://emergingminds.com.au/resources/raising-child-mental-health-concerns-with-parents-of-children-with-higher-weight/> Hunter, C. (2022) Raising child mental health concerns with parents of children with higher weight. Parenting Research Centre

<https://emergingminds.com.au/resources/higher-weight-mental-health-wellbeing-in-childhood/>

Hunter, C. (2022) Higher Weight and mental health and wellbeing in childhood. Parenting Research Centre

### Websites

<https://www.cdc.gov/ncbddd/birthdefects/downsyndrome/growth-charts.html>

Growth Charts for Children with Down Syndrome, National Centre on Birth Defects and Developmental Disabilities, Centre for Disease Control and Prevention,

<https://www.who.int/tools/child-growth-standards/standards> - The WHO Child Growth Standards.

[Body Kind Schools - Butterfly Foundation](#)

Body Kind Schools is Australia's largest annual positive body image movement for young people providing free and engaging activities to help young Australians find ways to be kind to their own body and to others.

<https://www.haesaustralia.org.au/find-a-provider>

HAES Australia is a non-profit, member-based association that brings together the highest quality information, training and specialists in Australia for the Health at Every Size® (HAES®) approach.

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### Articles

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3183514/>

Indian J Endocrinol Metab. 2011 Sep; 15(Suppl3): S166–S171., doi: 10.4103/2230-8210.84854, PMID: 22029020, Growth charts: A diagnostic tool, Vaman Khadilkar and Anuradha Khadilkar,

Mauldin K, May M, Clifford D. The consequences of a weight-centric approach to healthcare: A case for a paradigm shift in how clinicians address body weight. Nutr Clin Pract. 2022 Dec;37(6):1291-1306. doi: 10.1002/ncp.10885. Epub 2022 Jul 12. PMID: 35819360.

Golden NH, Schneider M, Wood C; Committee on nutrition; committee on adolescence; section on obesity. Preventing Obesity and Eating Disorders in Adolescents. Pediatrics. 2016 Sep;138(3):e20161649. doi: 10.1542/peds.2016-1649. Epub 2016 Aug 22. PMID: 27550979.

### Books

Your Body is Awesome: Body Respect for Children by Sigrun Danielsdottir and Bjork Bjarkadottir. 14 August 2014. ISBN: 9781848192287

Celebrate your body and its changes too by Sonja Renee Taylor and Bianca I Laureano. 29 May, 2018. ISBN: 9781641521666.