



What is Change4Life?

Change4Life aims to ensure parents have the essential support and tools they need to make healthier choices for their families.

We know that modern life can mean we are a lot busier, less active, and more reliant on convenience and fast food than we used to be.

But that's where Change4Life comes in, helping families with fun ideas to help kids stay healthy, whether with easy recipes for busy weeknights, great sugar swaps, Disney-inspired games to get kids moving or help in understanding food labels. Furthermore, Change 4 Life, in partnership with Every Mind Matters, now also offer top tips to support children and young people with their mental health and wellbeing.

Our choice of top recipes.

[Mediterranean potato bake recipe](#)



[Veggie frittata recipe](#)



[Pizza pitta faces recipe](#)



[Pancakes with caramelised apples recipe](#)



For Lots More Recipe Ideas Visit:

<https://www.nhs.uk/change4life/recipes>



Top tips to support children and young people

Be there to listen

Regularly ask how they're doing so they get used to talking about their feelings and know there's always someone to listen if they want it. Find out how to create a space where they will open up.

- [How to start a conversation with your child](#)

Support them through difficulties

Pay attention to their emotions and behaviour, and try to help them work through difficulties. It's not always easy when faced with challenging behaviour, but try to help them understand what they're feeling and why.

- [Help with difficult behaviour and emotions](#)

Stay involved in their life

Show interest in their life and the things important to them. It not only helps them value who they are but also makes it easier for you to spot problems and support them.

Encourage their interests

Being active or creative, learning new things and being a part of a team help connect us with others and are important ways we can all help our mental health. Support and encourage them to explore their interests, whatever they are.

Take what they say seriously

Listening to and valuing what they say, without judging their feelings, in turn makes them feel valued. Consider how to help them process and work through their emotions in a more constructive way.

- [The Anna Freud Centre support guide](#)

Build positive routines

We know it still may not be easy, but try to reintroduce structure around regular routines, healthy eating and exercise. A good night's sleep is also really important – try to get them back into routines that fit with school or college.

- [Sleep tips for children](#)

For more information regarding children's mental health, visit:

<https://www.nhs.uk/oneyou/every-mind-matters/childrens-mental-health/>





Top Games & Activities

Game 1: Bellwether's Book Bundle

- 1** Collect a pile of 10 books and mark a start and finish line.



- 2** Now balancing them on your head one at a time, carefully walk the books to the finish line.



- 3** Be careful - if you drop it, you must go back to the start.



- 4** Time yourself and see if you can beat your time as you get better at it.





Game 2: Judy's Hopathon

- 1 Mark out a start and finish line. At the finish line, make a pile of your favourite cuddly toys.



- 2 Start a stopwatch and hop from the start to the finish, pick up a toy and hop back to the start.



- 3 Keep going until all of the toys are on the start line, then stop the clock.



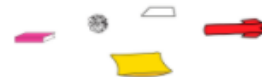
- 4 Can your friend do it quicker? Or can you beat your own record? Or how about doing a team relay?





Game 3:

- 1 Grab some cushions, clothes or even pieces of paper to be the hippos, then lay them out across the floor. Make sure they're not too far apart.



- 2 When you're ready, start your crossing! Crouch down like a frog and leap over the first hippo.



- 3 When you land back on the floor, keep hopping to stay out of the mud! Make your way across the mudhole, leapfrogging over the hippos until you reach the other side.



- 4 Once you've made it to the other side, turn around and cross back, leapfrogging the hippos again.



- 5 Keeping playing for 10 minutes, and invent different challenges for each crossing. You could time yourself to see how quickly you can make it across, try to cross making as few jumps as possible, or cross by jumping over every single hippo in the mudhole. Once you've finished, remember to recycle any paper hippos!



To access more 10 minute shake up games, visit:

<https://www.nhs.uk/change4life/activities/indoor-activities>