**Change4Life resources for parents**

**Activities and recipes to try with your children!**

<https://www.nhs.uk/10-minute-shake-up/shake-ups#pPAJrhHxVK4ZYUhU.97>

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

**Some Food facts for you**

<https://www.nhs.uk/change4life/food-facts#oPTbzldurIKbjcFq.97>

**Is my child’s weight about right?**

<https://www.nhs.uk/change4life/your-childs-weight/home#BXyp28dr64U28M8V.97>