



# Child Wellness Clinic

The goal of the Child Wellness Clinic is to work with your family's strengths and to help you and your family find what works best for you to support overall wellness.

## What is the Child Wellness Clinic?

The Child Wellness Clinic at Seattle Children's is a program to help your family learn lifestyle changes to help reduce the health risks related to excessive weight gain in your child. This unique program offers a team approach to support your family in improving your child's long-term health and quality of life.

We address the broad range of factors that contribute to weight gain. These may include:

- Making and choosing food
- Family meal patterns
- Family conversations about food
- Eating behaviors
- Portion size
- Emotional stressors
- Inactivity
- Sleep
- Body image
- Medical concerns

We recognize the importance of a family approach and that each family is different. We will learn about your goals and needs, and work with you to meet them.

## Who is the program for?

Our intensive program is for families and their child aged 2 to 11 years old who has an elevated body mass over the 95th percentile.

## How long is the program?

We would like to see you for approximately 2 clinic visits a month for 6 months. Also, we can see your family for ongoing follow-up appointments as needed to meet health goals.

## Program Description

There are 4 parts to our program. They include group classes, assessments, individual visits and ongoing support.

### 1. Group classes

Group classes are occasionally offered. Please ask your provider about upcoming group availability.

## 2. Assessments

Assessments are visits where we look at all the aspects of your child's health and wellness. Your child must be present for these visits, though they may attend a supervised play room when sensitive topics are discussed. At these appointments you and your child visit with each member of our team. This will include:

- Medical assessment – We will look at your child's height, weight and blood pressure and evaluate for any medical conditions. We will also order lab tests that may be needed.
- Nutrition assessment – We will discuss your child's early feeding development, present food intake, eating behaviors and family meal dynamics.
- Fitness assessment – We will evaluate your child's daily activity level and help with goal setting. We will discuss ways to help your child to enjoy and feel confident about physical activity.
- Social work assessment – We will discuss your family, home life and your child's social and emotional health.

## 3. Individual Visits

Optimal results are observed when families come to clinic about 2 times each month for 6 months, then ongoing as needed to meet your goals. Individual visits are often scheduled with a dietitian and 1 or more other team members. This may include a medical provider, fitness specialist or social worker. Your child must come to individual visits with the medical provider and athletic trainer at the beginning, middle and end of the 6-month time period. Your child's involvement during visits with the dietitian and social worker will be discussed and determined based on your child's age and your individual family's needs. If you are not able to come twice a month, talk with your dietitian to figure out an alternative schedule that will maintain progress toward health goals for your child.

## 4. Ongoing Support:

Making changes in family eating and activity behaviors can take time. We provide ongoing support after the 6-month program to help you meet and maintain health goals and help with challenges you are facing.

## Who is on the team and what are their roles?

The Child Wellness Clinic team members are listed below. Our team will:

- Provide counseling and support tailored to your child's and family's needs.
- Work with your child's primary care provider or other individuals who play an important role in your child's health.
- Use a counseling approach called motivational interviewing (MI).

### To Learn More

- For appointments:  
Child Wellness Clinic:  
206-987-2613
- For questions about insurance, payment plans or patient bills:  
Patient Financial Specialists  
206-987-3333
- [www.seattlechildrens.org](http://www.seattlechildrens.org)

### Free Interpreter Services

- In the hospital, ask your child's nurse.
- From outside the hospital, call the toll-free Family Interpreting Line 1-866-583-1527. Tell the interpreter the name or extension you need.

**Medical care provider:** Takes your child's medical history, does a physical exam and orders lab tests. They will evaluate your child for diabetes, liver disease, and lipid (cholesterol) abnormalities.

**Registered dietitian:** Evaluates your child's growth, food intake, eating behaviors and their growing independence within family meals and daily food decisions. They will discuss areas where change may be beneficial, and offer counseling and support to help you make steady progress to achieve and maintain nutrition and health goals.

**Social worker:** Works with your family to provide emotional support to explore emotions connected with your child's growth, development and eating. They support you and your family to reach your goals for the program. They will also help you and your child deal with issues like bullying and teasing, low self-esteem and emotional eating.

**Fitness specialist:** Helps your family to see what your child's current activity levels are. They can also help you come up with ideas and activities that include the whole family for making fitness fun.

### How will I be involved?

Your input is essential. Children who are most successful in the program are those who have support from family members. Please attend all visits and use the visit as a time to get your questions answered.