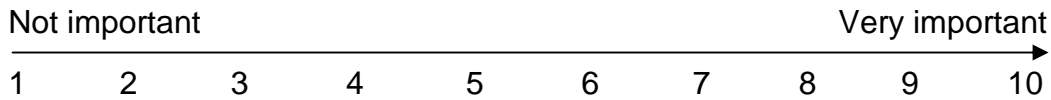


Making changes:

The following questions will help you to start thinking about why it is important to make family lifestyle changes, and how confident you feel about it.

How important is it for me to _____ ?

Circle a number on the scale below:



Why did you pick this number on the scale and not a lower number?

What would need to happen for it to become even more important?

Ready to think about change?

Is now a good time to start thinking about making changes to help with this? Yes / No

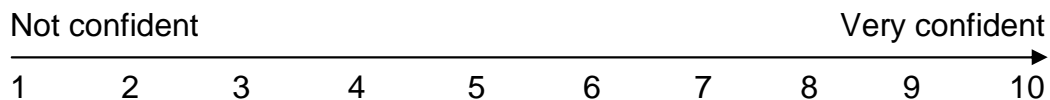
Yes: Move onto 'Becoming more confident'

No: Explore the importance of change and agree to revisit the subject in an agreed amount of time e.g. in one month.

Becoming more confident..?

How confident are you that you'll be able to make lifestyle changes?

Circle a number on the scale below:



What is working / going well to put you at this number?

What would help you be more confident about making this change?

Possible futures

Now think about why you want to change. Think about how you and your family will feel, look like and the things that you'll be able to do. Also think about what might happen if you don't make this change.

What are the three most important benefits of making this change?

1. -----

2. -----

3. -----

What are the three most important benefits of NOT making this change?

1. -----

2. -----

3. -----

Imagine you make this change, and you maintained it for the next 4-5 years. What would this be like? How would you feel? How might things be different?

Imagine you decided not to make this change but to stay as you are. How do you think things would be in 4-5 years? What might be different?

Check your responses regularly to remind yourself why this is important!

Ready to change?

Is now a good time to start making changes? Yes / No

Yes: Move onto 'Planning for change'

No: Revisit the previous questions in an agreed period of time e.g. one month.

Planning for change

If you decide to make some changes, what would you like to achieve or how would you like it to be different in 3-4 months' time?

Making a plan

When you are trying to make changes to your family's lifestyle, it really helps to set personal goals or targets. Think realistically about what you want to do, when and how you are going to do it.

It is best to make small achievable goals and to plan the details that will help you to achieve them.

Try using the following headings to help you set your goals:

What will you do? E.g. Dance to music, scarf dance or play with a balloon

How often or for how long? E.g. For at least half an hour

When? E.g. After lunch on weekdays

Where? E.g. In the sitting room

How will I know how we're doing? E.g. We will keep an activity chart and colour in a block each time we achieve our goal and review it each week.

Overcoming barriers:

It is important to identify things that might get in the way of your plan and how you can get around them.

Things that might get in the way:

E.g. On Thursdays granny baby sits.

How I will get around them?

E.g. Discuss the plan and why you are making it with granny so that she can support the changes.

Support

Making lifestyle changes is much easier when you have support. Who can help support your plan? Other people can help by:

In fact making changes as a family can be the most successful way of doing it. Can all of your family get involved with the changes?

My lifestyle goals:

Goal One:

Things that might get in the way:

How I will get around them?

Goal Two:

Things that might get in the way:

How I will get around them?

Goal Three:

Things that might get in the way:

How I will get around them?

To help keep motivated look back at your 'possible futures' and reasons for making these changes.