

The Poppy Programme

The Poppy Programme supports parents and carers with planning, oral health, physical activity, portion sizes and improving your health.

The Infant Feeding, Family Diet and Nutrition team are pleased to be able to offer the Poppy Programme to families with children between the ages of 2 to 6 years old. The Poppy Programme has been developed to provide useful evidence-based advice, information and resources to support families with young children to develop healthy lifestyles.

The early years is a critical time in relation to promoting a child's health and wellbeing, learning, social and emotional development. This 4-week programme aims to build parents confidence, motivation and understanding in relation to healthy lifestyles thereby ensuring every child gets the best start possible. The Poppy Programme is a free, confidential virtual programme however face to face workshops can be organised if deemed appropriate.

A referral can be made by professionals and families themselves. In order to make a referral into the Infant Feeding, Family Diet and Nutrition Service please ensure:

1. The family have consented to the referral and are aware that it is a 4-week programme which is 1.5 to 2 hours long per session.
2. The family lives in North Yorkshire.
3. The child has a least 2 of the inclusion criteria and no exclusion criteria as seen in the box below:

Inclusion Criteria	Exclusion Criteria
<ul style="list-style-type: none"> • Children aged between 2 years and 6 years who live in North Yorkshire. • Parent/carers who are concerned about their child's weight, eating habits on physical activity levels. • Parent expresses a lack of confidence around providing a healthy lifestyle. • Professionals who are concerned about child's weight, eating habits, physical activity levels. • A child over 2 years of age with a BMI above the 91st centile. • A child whose weight has gone up by more than 2 centile lines. 	<ul style="list-style-type: none"> • Children with complex clinical health needs that are already accessing multi agency support. • Children with multiple allergies. • Children with long-term conditions including diabetes.

Poppy Programme Referral Form Please complete in full	
Name of Parent / Carer: 	Name of Child: Date of Birth: NHS No (if known):
Address: Postcode:	Ethnicity Is an interpreter required?
Contact Phone Number:	Email Address:
Reason for Referral: 	
PATIENT CONSENT: The Poppy Programme has been fully explained to the family. The family gives permission for this information to be passed to the Infant Feeding, Family Diet and Nutrition Team.	
Name of Referral: Role:	Contact details: Email address:
Please send completed referral forms via secure email to: hdfn.northyorkshire0-6nutrition@nhs.net	