



Pediatric Weight Management & Healthy Lifestyle Program

Evidence-based support for children and teens — without shame or quick fixes

At **Bristow Pediatrics**, we believe healthy growth is about **habits, routines, and support**, not diets or blame.

We are excited to introduce our **Evidence-Based Pediatric Weight Management and Healthy Lifestyle Program**, designed to help children and adolescents build sustainable habits that support lifelong health.

Our program is **medically supervised, family-centered, and individualized** for each child.

Who Is This Program For?

This program may be helpful for children and teens who:

- Have experienced **rapid or excessive weight gain**
- Feel **tired, low-energy, or struggle with stamina**
- Have difficulty with **portion control, cravings, or emotional eating**
- Have medical conditions that impact weight (ADHD, anxiety, insulin resistance, PCOS, sleep issues)
- Are athletes needing nutrition guidance
- Want structured, professional support for healthier habits

You do **not** need a referral to participate.

Our Philosophy

We focus on **health, not the number on the scale**.

Our approach is:

- ✓Evidence-based
- ✓Non-judgmental
- ✓Developmentally appropriate
- ✓Family-focused
- ✓Sustainable

We emphasize:

- Balanced nutrition
- Protein-rich meals
- Smart snacking
- Hydration
- Sleep quality
- Daily movement
- Emotional well-being

This is **not** a diet program.

What the Program Includes

Comprehensive Initial Evaluation

- Initial visit with a pediatric clinician
 - Medical history and growth review
 - Nutrition, sleep, and lifestyle assessment
 - Body composition evaluation (when appropriate)
 - Individualized care plan and goals
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Ongoing Follow-Up & Support

- Monthly in-person or virtual follow-ups
 - Progress review and goal adjustment
 - Ongoing guidance and accountability
 - Medication support when medically appropriate
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Nutrition & Lifestyle Coaching

- Practical meal and snack strategies
 - Grocery and meal planning support
 - Family-friendly routines
 - No calorie counting or restrictive plans
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How Is This Different From Other Programs?

Unlike commercial weight-loss programs, our clinic:

- Is **pediatrician-led**
 - Uses **medical guidelines**
 - Focuses on **long-term health**, not rapid weight loss
 - Considers growth, puberty, mental health, and family dynamics
 - Supports both parents **and** children
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What Families Can Expect

Families often report:

- Improved energy and stamina
- Better sleep
- More predictable eating patterns
- Reduced stress around food
- Increased confidence and motivation
- Healthier family routines

Progress looks different for every child — and that's okay.

Frequently Asked Questions (this should be a drawer function with clickable links)

Is this a diet program?

No. We do not prescribe diets, meal plans, or calorie counting. We focus on healthy habits that support growth and development.

Will my child be weighed at every visit?

We use measurements thoughtfully and respectfully. The focus is on trends and overall health, not daily numbers.

Do parents need to be involved?

Yes. Family involvement is essential. We work with parents to create routines that are realistic and sustainable at home.

Does insurance cover this program?

Most medical visits are billed through insurance. Some optional services may be offered at a cash rate. Our staff can review options with you.

Are medications used?

Lifestyle changes are always the foundation. Medications are considered only when medically appropriate and are carefully monitored.

What ages do you see?

The program is designed for **children and adolescents**, typically ages **4–18**, with plans tailored to developmental stage.

