

Publication: Daily Mirror (main)

Date: 11th October 2011



Dear Miriam



My nine-year-old daughter is getting bullied at school because she's "fat".
At first we thought it was just a puppy fat phase, but now I'm worried that her low self-esteem will cause her to put on more weight. Please can you give me some advice?

Dr Miriam says:
I'm so sorry – children can be very cruel to each other. I would recommend looking into your local Mend (Mind, Exercise, Nutrition... Do it!) programme, which is designed for children aged from two to 13 who are above a healthy weight. There are fun, physical activities and games with children of a similar age. She will build up her confidence and make new friends while improving her health and fitness levels. Call 0800 230 0263 or visit www.mendcentral.org. Also, get in touch with www.beatbullying.org for some help and advice if the bullying continues.

**It's wh
bir
the
off**
N
mal
inte
aga
bat
last
She
are
she
/
the
wa
aft
pa
sir
int
ca
w
re
cl
an
fa
a
d
w
f
t
t