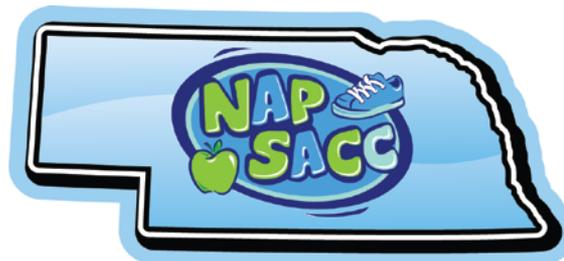


Growing Health Children Together: Working with Families to Promote Healthy Weight Behaviors



Partnering Organizations:



Objectives

- Describe the role of child care staff in helping families address healthy weight behaviors.
- Describe the key messages child care staff can send home to families.
- List strategies child care staff can use in communicating healthy weight information to families.





ACTIVITY

Complete the
“How well does your facility communicate with parents?”
Questionnaire



Working with Families

- The role of child care is to provide quality care that contributes to a child's health and development.
- Developing communication between the child care site and home can help meet the goal.
- Development of a healthy weight is an important goal shared with the family.
- Parents are probably the most important role models a child has in developing healthy behaviors.



Ways to Reach Families

- Handouts or information packets
- Bulletin Boards
- Parent Workshops
- Newsletters
- Parents Advisory Group
- Child Care Center Events, Activities, or Celebrations
- Speaking with families at drop-off or pick-up time
- Child Care Center's website or Facebook page

10 tips add more vegetables to your day
Nutrition Education Series
10 tips to help you eat more vegetables
ChooseMyPlate.gov

It's easy to eat more vegetables! Eating vegetables is important because they provide vitamins and minerals and most are low in calories. To fit more vegetables in your meals, follow these simple tips. It is easier than you may think.

- 1 discover fast ways to cook**
Cook fresh or frozen vegetables in the microwave for a quick-and-easy dish to add to any meal. Steam green beans, carrots, or broccoli in a bowl with a small amount of water in the microwave for a quick side dish.
- 2 be ahead of the game**
Cut up a batch of bell peppers, carrots, or broccoli. Pre-package them to use when time is limited. You can enjoy them on a salad, with hummus, or in a veggie wrap.
- 3 choose vegetables rich in color**
Brighten your plate with vegetables that are red, orange, or dark green. They are full of vitamins and minerals. Try acorn squash, cherry tomatoes, sweet potatoes, or collard greens. They not only taste great but also are good for you, too.
- 4 check the freezer aisle**
Frozen vegetables are quick and easy to use and are just as nutritious as fresh veggies. Try adding frozen corn, peas, green beans, spinach, or sugar snap peas to some of your favorite dishes or eat as a side dish.
- 5 stock up on veggies**
Canned vegetables are a great addition to any meal, so keep on hand canned tomatoes, kidney beans, garbanzo beans, mushrooms, and beets. Select those labeled as "reduced sodium," "low sodium," or "no salt added."
- 6 make your garden salad glow with color**
Brighten your salad by using colorful vegetables such as black beans, sliced red bell peppers, shredded radishes, chopped red cabbage, or watercress. Your salad will not only look good but taste good, too.
- 7 sip on some vegetable soup**
Heat it and eat it. Try tomato, butternut squash, or garden vegetable soup. Look for reduced- or low-sodium soups.
- 8 while you're out**
If dinner is away from home, no need to worry. When ordering, ask for an extra side of vegetables or side salad instead of the typical fried side dish.
- 9 savor the flavor of seasonal vegetables**
Buy vegetables that are in season for maximum flavor at a lower cost. Check your local supermarket specials for the best-in-season buys. Or visit your local farmer's market.
- 10 try something new**
You never know what you may like. Choose a new vegetable—add it to your recipe or look up how to fix it online.





Success Story about Parent Advisory Group

“Besides all the improvements to the center in the areas of nutrition and physical activity, we now have a strong committee of parents and staff who want to work together to improve a number of areas of the center. They want to continue meeting and will be looking at other of growth. That to me is invaluable.”

Quote provided by Lynn Murray Smith, Director at St. Mark's Preschool/Kidzone, Inc.



Techniques for Communication



- Be positive and encouraging.
- Be careful not to sound judgmental.
- Focus on goal-setting and be specific.
- Find a way to relate to them.



Key Messages for Families



- 1.) Healthy Eating at Home
- 2.) Increasing Activity at Home
- 3.) Keeping Screen Time in Check
- 4.) Celebrating Healthy



Healthy Eating at Home



The Importance of Family Meal Time

- Family meals improve dietary quality and promote healthy weight.
- Family meals lower risk-taking behaviors.
- Family meals improve family relationships and emotional health.
- Family meals improve academic performance.



Barriers to Cooking at Home

What are some barriers you think parents face when it comes to cooking at home?



Time



A healthy, balanced meal can be prepared at home in about the same amount of time that it takes to order pizza or go through a drive-through.



Food Availability

Plan

Ahead!!!



Family Support

- Include everyone in meal planning.
- Let children help with meal preparation.
- Try healthier versions of fast-food favorites.
- Keep lists of recipes that have worked well for your family.



Cost



- You can save a lot of money cooking at home.
- Watch for store sales.
- If you eat fast food several times a week, you will PAY with your health.



Cooking Skills

- Anyone can do it!
- Start simple, it doesn't have to be gourmet.
- Find a few easy recipes to build your confidence, then get more creative.



Healthy Eating at Home

Key Messages

- Plan ahead.
- Involve the whole family.
- Meal time should be a happy time, enjoyed **TOGETHER** as a family.
- Leave the TV off.



Increasing Activity at Home



Tips for Increasing Activity at Home

- Every little bit counts.
- You don't need a special place or special clothes.
- Focus on play and fun.
- Activity is important for every age, every size, and all levels of fitness or ability.



Ways to Sneak in Activity

- Take the stairs.
- Carry in groceries one bag at a time.
- Walk around while talking on the phone.
- Park farther away and walk.
- Wash the car at home.
- Do jumping jacks during commercial breaks.



Fun Family Activities



- Walk the dog.
- Take a walk as a family after dinner.
- Dance to music.
- Play outside with your children.
- Work in your garden.
- Clean the house.
- Go on a bike ride together.



Benefits of Physical Activity

- Stress management
- Better sleep
- Feeling better overall
- Improved self-esteem
- Healthy bones, muscles, and joints
- Weight control



Increasing Activity at Home

Key Messages

- Build physical activity into your daily routines.
- Physical activity can be fun.
- Be physically active together.
- Physical activity provides numerous benefits for the people.



Keeping Screen Time in Check



Screen Time

- “Screen Time” includes any time watching shows or videos, or playing games on a screen.
- TV tends to be used more by families with children.
- Setting and keeping limits on TV watching and other screen time is important for staying healthy.



Keeping Screen Time in Check

- Max of 1-2 hours a day.
- Screen time for children under 2 years of age is not recommended.
- Most TV commercials targeting children advertise soft drinks, candy, sugary cereals, or fast food.
- In 2005 the Kaiser Family Foundation found that children ages 2-7 are exposed to over 4,427 food ads/year.

Be informed!



Screen Time Facts



- On average, American children spend 900 hours a year in school and 1,023 hours a year watching TV.
- Kids who watch less TV do better in school.
- For every hour of time spent in front of a television, there is a 6% increase in the odds of being obese.
- If a child has a television in his/her bedroom, there is a 31% increase in the odds of being obese.
 - 43% of children ages 4-6 have a TV in their bedroom.





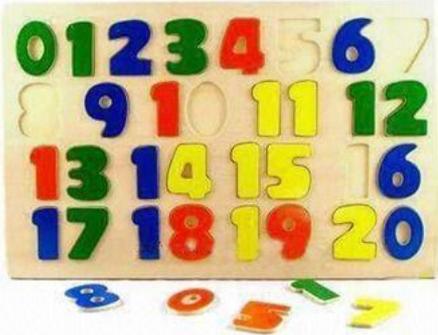
Keeping Screen Time in Check

You don't have to give it up entirely, just keep it in check.

- Take TVs, ipads, etc. out of children's bedrooms.
- Leave the TV off and other electronic devices during meal time.
- Plan your TV watching each day; do not just mindlessly channel surf.
- Set clear limits on TV and electronic devices and keep them.



Keeping Screen Time in Check



Make a list of activities you could do instead:

- Go for a walk or bike ride
- Play “I Spy”
- Do an art project
- Talk together about your day
- Play a board game
- Put together a puzzle
- Play with toys
- Play hide & seek
- Read a book
- Go to the park
- Play with your pet
- Make up a new game



Keeping Screen Time in Check

Key Messages

- No more than 1-2 hours of TOTAL screen time/day.
- Set and keep limits on screen time each day.
- Be informed about what your children are watching.
- No TVs in children's bedrooms.



Celebrating Healthy



Make it an Active Celebration

Plan parties so they include some type of physical activity:

- Ice skating
- Kickball
- Swimming
- Slip n' Slide
- Basketball
- Rollerblading
- Sledding
- Obstacle course



Make it a Healthy Celebration

- Offer fruits, vegetables, and other healthy options instead of just serving less healthy treats.
- Always include water when serving drinks; consider replacing sugary drinks with 100% juice.
- Present healthy foods in fun, creative ways.



Celebrating Healthy Key Messages

- Think outside the box for holidays and birthday celebrations.
- Move beyond cake and ice cream and plan an activity.
- Serve up some healthy options, such as fruits, vegetables, and water flavored with real fruit, at your celebration.



Ideas for Other Possible Key Messages to Address?

Besides the 4 key messages below:

1. Healthy Eating at Home
2. Increasing Activity at Home
3. Keeping Screen Time in Check
4. Celebrating Healthier

Can you think of any **other key messages** regarding nutrition and physical activity that you would recommend your facility work with families on?



Where to Start?



- There's no need to change everything at once.
- Encourage parents to think about setting a few specific goals at a time.
- Just increasing awareness makes a difference.



ACTIVITY



Complete the
‘Building Healthy Families’
Worksheet



Available Resources

- Team Nutrition

<http://www.fns.usda.gov/tn/resource-library>

- Color Me Healthy Family Newsletters

<http://www.colormehealthy.com/>

- We Can! Tools & Resources

<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/tools-resources/index.htm>

- Helping Your Child Booklet

<http://win.niddk.nih.gov/publications/child.htm>

- Head Start Body Start – Healthy Homes Newsletters

<http://www.aahperd.org/headstartbodystart/activityresources/healthyhome/>

