

Healthy Kids Parenting Curriculum Overview

Goal:

Parents will become knowledgeable in promoting a healthy lifestyle for their children.

Objectives:

1. Increase parental awareness of the importance of a physically active life style for children.
2. Increase parental understanding of the importance of a physically active life style for children.
3. Increase parental ability to provide children opportunities for a physically active life style.
4. Increase parental awareness of the importance of healthy food choices for children.
5. Increase parental understanding of making and promoting healthy food choices for children.
6. Increase parental ability to provide children healthy food choices.
7. Increase parental awareness of community resources to assist in providing children opportunities for a healthy lifestyle.



Parent Issues Relevant to Promoting a Healthy Lifestyle for Children

A committee reviewed the current issues facing parents in their ability to provide healthy lifestyle habits for their children. This curriculum was designed to address these issues in order to “move parents” to the desired state.

<p>Current Issue:</p> <ul style="list-style-type: none"> • Parent use sedentary activities to entertain/occupy their child's “down time”. • During children's television programming there are numerous “junk food” ads that entice children to request high sugar and high carb foods. 	<p>Current Issue:</p> <ul style="list-style-type: none"> • There are adult beliefs that “fat children are healthy children 	<p>Current Issue:</p> <ul style="list-style-type: none"> • Shopping for nutritional foods is a confusing “maze” for parents when grocery shopping for their family. They tend to go to the quick and easy – prepackaged choices.
<p>Actions to Get from Current Issues to Desired State:</p> <ul style="list-style-type: none"> • Develop Parent Education Guides • Provide parents education on: <ul style="list-style-type: none"> ▪ The impact of television ads on children's food desires. ▪ Healthy snack foods. ▪ Alternative leisure activities for children that require physical movement. • Include parent tips and tools to assist with Snack Selection • Include shopping for snacks booklet • Provide a list of Leisure Activity Choices that involve children being physically active. 	<p>Action to Get from Current Issue to Desired State:</p> <ul style="list-style-type: none"> • Educate Parents through class curriculum 	<p>Actions to Get from Current Issue to Desired State:</p> <ul style="list-style-type: none"> • Provide education on reading labels. • Provide education on how plan simple healthy meals. • Provide sample grocery lists. • Develop/Connect parents to nutritional shopping consultation services.

<ul style="list-style-type: none"> • Include a Community Resource Guide – Get parents to use local community centers at the schools and within the community setting. • Provide a list of video choices with kid movements involved - ie. Dance • Provide parents with games and materials to educate their children about healthy lifestyle habits. 		
<p>Desired State:</p> <ul style="list-style-type: none"> • Children will spend a limited amount of “downtime” viewing television and participate in leisure activities that involve more movement. • Junk food television ads will have less impact on children due to less exposure. 	<p>Desired State:</p> <ul style="list-style-type: none"> • Parent understand that children need to be “fit” not “fat” in order to be healthy. 	<p>Desired State:</p> <ul style="list-style-type: none"> • Parents are able to make informed choices while shopping for groceries for their family.