

## STRATEGY 8: Partner with and Educate Families in Adopting and Maintaining a Lifestyle that Supports Healthy Eating and Active Living

# how to implement

Partnerships with families promote consistent messaging about healthy lifestyles and can influence the home environment. Here are some ways to bring families into the fold!

- **Bolded items** mean there is a supporting handout!



### Partner with Families:

- Send home the **Letter to Families Announcing a New Partnership** (found in the 'Step 1: Sign-Up or Re-Engage' tab of the toolkit).
- Ask parents to be a part of your *Let's Go!* team.
- Send home the *Let's Go!* "Message to Families" once you are implementing all 5 priority strategies. (Refer to the **Let's Go! Recognition Program packet** in the 'Step 5: Celebrate and Recognize' Tab for a copy of the Message to Families. There is also a modifiable version available online at [www.letsgo.org/toolkits/ec-toolkits](http://www.letsgo.org/toolkits/ec-toolkits)).
- Invite families to participate in healthy eating and active living activities at your program.
- Utilize the skills of parents (e.g. nutritionist, carpenter, artist, etc.) to support your 5-2-1-0 efforts.
- Use bulletin boards and wall space to promote 5-2-1-0 messages.
- Create a 5-2-1-0 *Let's Go!* section of your program newsletter.
- Host family wellness events such as:
  - Educational sessions
  - Family cooking classes
- Support breastfeeding mothers in reaching their breastfeeding goals. (Refer to the **Breastfeeding Support Tab** for specific materials to help with this).
- Send home parent handouts such as **5-2-1-0 Every Day**

There are lots of parent handouts to share! Choose the ones you want to send home, and then go to that section to find them:

### STRATEGY 1: Limit unhealthy choices for snacks and celebrations; provide healthy choices.

- **Ideas for Healthy Snacks**
- **Quick Snacks for Healthy Kids**
- **Healthy Snack Ideas – Letter to Families**
- **Healthy Foods for Celebrations – Letter to Families**
- **Non-Food Celebrations – Letter to Families**
- **Kids in the Kitchen**
- **Eat at Least Five Fruits and Vegetables a Day**
- **Healthy Shopping On a Budget**
- **Understanding Food Labels**
- **Maine Seasonal Food Guide**
- **Breakfast Is Best**
- **A Meal is a Family Affair**
- **Fruits and Vegetables, All Year Long!**
- **What's A Healthy Portion?** continued

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- **Tips for a Healthier Diet**
- **Handling a ‘Choosy’ Eater** • **Phrases that HELP and HINDER**
- **Practicing the Division of Responsibility When Feeding Children**

### STRATEGY 2: Limit or eliminate sugary drinks; provide water.

- **Limit Sugary Drinks Sent in from Home – Letter to Families**
- **Limit or eliminate sugary drinks; provide water.**
- **What Should Young Children Drink?**
- **Water is Fuel for Your Body**
- **Is Juice a Healthy Choice or An Occasional Treat?**

### STRATEGY 3: Prohibit the use of food as a reward.

- **Food Rewards Add Up**
- **What the Experts Say about Food Rewards**
- **Non-Food Rewards at Home**

### STRATEGY 4: Provide opportunities to get physical activity every day.

- **Get One Hour or More of Physical Activity Every Day**
- **Make Physical Play Part of Every Day!**
- **Take It Outside**

### STRATEGY 5: Limit recreational screen time.

- **Limit Recreational Screen Time to Two Hours or Less**
- **Promote Healthy Viewing Habits**
- **Unplugged!**
- **Screen Time and the Very Young**
- **National Screen-Free Week**
- **Tips for Reading to Young Children**

make healthy the  
**buzz word!**

