Child Feeding Community of Practice Webinar

March 14, 2019

Image by Heike Schuchert from Pixabay
Grab Your Healthy, Happy Families Educator Guide
Zoom Audio

Computer speakers/microphone OR phone (not both)

*6 to mute/unmute phone – please mute when not speaking
Agenda

- Introductions
- Research You May Have Missed
- Questions From the Field
- Resources

In the Classroom: Healthy Happy Families
- Lesson Review
- Child’s Play

http://ucanr.edu/sites/hhf/
“Communities of practice are groups of people who share a concern or a passion for something they do and who interact regularly to learn how to do it better.”

Etienne Wenger
Parenting Aggravation Associated with Food Insecurity Impacts Children’s Behavior and Development

Kevin Gee, Ed.D.
Associate Professor,
UC Davis School of Education

Questions from the Field
Podcast – BBC: ‘The Food Chain’

https://www.bbc.co.uk/sounds/play/w3cswnnw

‘A Senseless Generation’
– Should children be taught to smell, taste, touch and even listen to food?
Resources – added to HHF Website

To learn more about the role of adults in children's healthy behavior:

Website Resources
- CDC Positive Parenting
- First 5 California
- National Association for the Education of Young Children
- Choose MyPlate-Preschool

The importance of adult role models for children’s development:
Healthy, Happy Families
Class Series Review
Angela Asch
Yolo County
Pop Quiz!

Let’s review what we have learned so far.
Healthy, Happy Families Class Series

*Is a series for who?*

*About what?*
Healthy, Happy Families Class Series

**Answers:**

**For:** Series for parents/caregivers of *typically* developing children 2-5 years old.

**About:** Positive parenting skills that promote healthy eating habits in children.
What lesson is this?
Healthy, Happy Families: Healthy Routines (Lesson 2)

Main Concepts:

• Routines are good for children.
• Routines help them feel safe and secure.
What lesson is this?
Healthy, Happy Families: Encouraging Positive Behavior (Lesson 4)

Main Concepts:
Praise children with words (and hugs and kisses) - not food.
What lesson is this?
Healthy, Happy Families: Begin Healthy Habits Early (Lesson 1)

Main Concepts:

• Create healthy habits that will last a lifetime!

• Parents play important roles in establishing children’s health and nutrition

What lesson is this?
Healthy, Happy Families: Watching Children Grow (Lesson 3)

Main Concepts:
• Every child’s growth is unique!
• Children grow at their own rate and in their unique way.
What & How

Parent Guide

• Can you photocopy the parent guide?
  • Yes, color copies look best, but black and white works too.

• Where can you go to find answers for questions parents ask?
What & How

Find answers:

• On our HHF website https://ucanr.edu/sites/hhf/
• Ask us
• Listen to previous presentations housed here: https://uccalfresh.ucdavis.edu/trainings/trainings-and-presentations
Poll Question

Was this review helpful?
• Yes
• No
• Not sure
Discussion Questions

A. Did your parents/caregivers play with you as a child? What did you play?

B. What are some ways that you play today?
Healthy, Happy Families Class Series
“In the Classroom” Segment
Angela Asch
Yolo County
Healthy, Happy Families Class Series

Series for caregivers of typically developing children 2-5 years of age.

– Lesson 5: Child’s Play
– Lesson Message: Make play a part of your day!
– Lesson Connection: Physical Activity

http://anrcatalog.ucanr.edu/Details.aspx?itemNo=21646SET
Healthy, Happy Families: Lesson 5

Main Concepts:

• There are many ways to play.
• Children learn through play.
• Play aids children’s physical and mental development.

What & How

Each HHF lesson has a nutrition education component.

• For **Lesson 5 – Child’s Play**
• Sign in & welcome parents/caregivers.
• Describe the purpose and content of the day’s class and subsequent classes, if a series is scheduled.
  • *Estimated time 5 min.*
What & How

• Ice breaker
  – Introduce yourself & talk about your child if you have a child(ren) or reference your family and growing up.
  – Ask parents/caregivers to share information about themselves and their child(ren).

• Ask if there are any questions or struggles they would like to share or cover before starting the topic.

*Est. time 5-10 min., depending on class size
What & How

• *Lesson Introduction* (pg. 23 of Educator Guide)
  
  – Use flip chart (large group) or index cards (pairs) for this activity. Share in small groups or as a large group.
  
  • Ask parents to discuss how often they do **physical activity** with their child(ren) and what activities they do together.

  – Refer to *Educator Guide* pps. 21-22 and the *HHF website* for more tips and examples on the importance of play and physical activity.

*Estimated time 10-15 min.*

Image courtesy of: snaped.fns.usda.gov/photo-gallery/search?f%5B0%5D=category%3A87
What & How

- *Lesson Activity (pg. 24 Educator Guide)*
  - Ask parents/caregivers to brainstorm barriers to playing and being active and ways to increase play and being active.
    - Small group or pair up, share out
- Reference the HHF website for more tips & talking points:
  *Estimated time 10-15 min.*

Image courtesy of snaped.fns.usda.gov/photo-gallery/search?f%5B0%5D=category%3A87
What & How

Parent Guide

• Reference & incorporate parent handouts into lesson (p. 11 & 12 in Parent Guide).

• Photocopy pages to give to parents
  • Go over the tips on page.
  • Point out activity, “Things You Can Do” on page 12.
    • Do activity with parents if time allows.
  • Send home handouts.

*Estimated time 5-10 min.
Handouts

**10 tips for becoming more active as a family**

Physical activity is important for children and adults of all ages. Being active as a family can benefit everyone. Adults need 2 1/2 hours per week of physical activity, and children need 60 minutes a day. Follow these tips to add more activity to your family’s busy schedule.

1. **set specific activity times**
   - Plan activities throughout the week so the whole family is available. Devote a few of these times to physical activity. Try doing something active after dinner or the weekend with a Saturday morning walk.

2. **plan ahead and track your progress**
   - Write down your activity plans on a family calendar. Let kids help in planning the activities. Allow them to check it off after completing each activity.

3. **include work around the house**
   - Involve the kids in yard work and other chores around the house. Have them help with raking, weeding, planting, or vacuuming.

4. **use what is available**
   - Plan activities that require little or no equipment or facilities. Examples include walking, jogging, jumping rope, playing tag, and dancing. Find out what programs your community recreation center offers for free or minimal charge.

5. **build new skills**
   - Enroll the kids in classes they might enjoy such as gymnastics, dance, or tennis. Help them practice. This will keep things fun and interesting, and introduce new skills.

6. **plan for all weather conditions**
   - Choose some activities that do not depend on the weather conditions. Try mail walking, indoor swimming, or active video games. Enjoy outdoor activities as a bonus whenever the weather is nice.

7. **turn off the TV**
   - Set a rule that no one can spend longer than 2 hours per day playing video games, watching TV, and using the computer (except for school work). Instead of a TV show, play an active family game, dance to a favorite music, or go for a walk.

8. **start small**
   - Begin the exercise plan by introducing one new activity and add more when you feel everyone is ready. Take the dog for a longer walk, play another ball game, or go for an additional exercise class.

9. **include other families**
   - Invite others to join your family activities. This is a great way for you and your kids to spend time with friends while being physically active. Plan parties with active games such as bowling or an obstacle course. Sign up for family programs at the YMCA or a recreational club.

10. **treat the family with fun physical activity**
    - When it is time to celebrate as a family, do something active as a reward. Plan a trip to the zoo, park, or base to treat the family.

**Healthy Tips for Active Play**

**Why is active play important?**

Active play helps your child learn healthy habits. There are many health benefits of active play, such as:

- Active children are less likely to weigh too much.
- Keeping your child active now helps lower the chance of developing chronic diseases like Type 2 diabetes.
- Active children are more likely to have better learning, thinking, and behavior skills.
- Active play can also help the mind develop. Playing “pretend” lets kids be creative.

**Your child loves to move!**

Encourage your child to play actively several times each day. Active play can happen in short bursts of time and can be led by you or your child. Active play can include playing on the playground, playing tag with friends, or throwing a ball.

**Do you wonder if your child is active enough?**

My child plays outside several times a day or inside where he or she is free to move. Yes No

I make sure my child’s TV and screen time is less than 2 hours a day. Yes No

I make sure my child is actively moving for at least 60 minutes a day. Yes No

When actively playing, my child breathes quickly or sweats. Yes No

If you can usually answer yes to these statements, your child is probably getting enough active play.
What & How

• If time allows address questions or concerns as the lesson progresses – and/or
  – offer contact information for following up
  – continue conversation at next class meeting

• Note: HHF classes range from 30-60 minutes
  – Lessons can be taught one or two at a time.
  – Always start series with “Begin Healthy Habits Early” lesson (Lesson 1)
  – After that lesson order can be rearranged according to your community’s needs.
Quarterly Newsletter

http://yolonutrition.ucanr.edu/Fuel_Their_Minds/

“Fuel Their Minds” - available online.
– ‘Parent Insert’ - English and Spanish
– Age appropriate and developmentally applicable

Image courtesy of uccalfresh yolo webpage
Resources

- HHF website: [http://ucanr.edu/sites/hhf/](http://ucanr.edu/sites/hhf/)
- CDC Positive Parenting: [https://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/preschoolers.html](https://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/preschoolers.html)
- National Association for the Education of Young Children: [https://www.naeyc.org/our-work/families/play](https://www.naeyc.org/our-work/families/play)
- Choose MyPlate – Preschool [https://www.choosemyplate.gov/preschoolers-physical-activity](https://www.choosemyplate.gov/preschoolers-physical-activity)

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Poll Question

After this presentation, do you feel better prepared to present this lesson?

A. Yes
B. No
C. Sort of

Image courtesy of istockphoto.com
Contact

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