



Child Feeding Community of Practice Webinar

March 14, 2019

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**

Option A: Join by computer (for video) and telephone (for audio)

1. Join a Zoom meeting
2. Once you are in the meeting, select the **Join Audio** in the menu bar



3. Follow instructions on the dialog box to *Dial In*



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/>

Community of Practice

“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



https://poverty.ucdavis.edu/sites/main/files/file-attachments/gee_food_insecurity_brief.pdf

Questions from the Field



Podcast – BBC: ‘The Food Chain’

 <https://www.bbc.co.uk/sounds/play/w3cswpnw>

 ‘A Senseless Generation’

– Should children be taught to smell, taste, touch and even listen to food?



Image by Aline Ponce from Pixabay

Resources – added to HHF Website

The screenshot shows the UC CE Healthy Happy Families website. The top navigation bar includes 'SHARE', 'PRINT', 'SITE MAP', and a search box. The main content area is titled 'Additional Resources' and features a section for 'Website Resources' with links to 'CDC Positive Parenting', 'First 5 California', 'National Association for the Education of Young Children', and 'Choose MyPlate-Preschool'. A red arrow points to the 'CDC Positive Parenting' link. The sidebar menu on the left is circled in red, with 'Additional Resources' highlighted.

UC CE Healthy Happy Families

University of California Cooperative Extension

SHARE PRINT SITE MAP Enter Search Terms

About Us

Home

- Division of Responsibility
- Picky Eating
- Feeding Through the Ages
- Setting Routines
- Bribing with Food
- Family Meals
- Role Modeling
 - Application
 - Tips
 - Additional Resources**

Additional Resources

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:

- <http://centerforparentingeducation.org/library-of-articles/focus-parents/role-model-promise-peril/>
- <http://www.easternflorida.edu/community-resources/child-development-centers/parent-resource-library/documents/parents-powerful-role-models.pdf>

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



Image courtesy of: naeyc.org/our-work/families/five-essentials-meaningful-play

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.

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.



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

Nutrition Education Series

be an active family



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 2½ hours a 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
Determine time slots throughout the week when the whole family is available. Devote a few of these times to physical activity. Try doing something active after dinner or begin the weekend with a Saturday morning walk.


- 2

plan ahead and track your progress
Write your activity plans on a family calendar. Let the 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 active chores around the house. Have them help you 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 karate. 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 mall 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 favorite music, or go for a walk.
- 8

start small
Begin by introducing one new family activity and add more when you feel everyone is ready. Take the dog for a longer walk, play another ball game, or go to 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 join 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 lake to treat the family.



United States Department of Agriculture

Go to www.ChooseMyPlate.gov for more information.

DC TipSheet No. 39
April 2013
Center for Nutrition Policy and Promotion
USDA is an equal opportunity provider and employer.

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.
- Activities, like running and jumping rope, help your child learn movement skills to develop muscles and strong bones.
- Active play can also help the mind develop. Playing "pretend" lets kids be creative.
- Active children are more likely to be happy and feel good about themselves. Children feel proud after learning how to bounce a ball or ride a bike.



Your child loves to move!

Encourage your child to play actively several times each day. Active play for children 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.



U.S. Department of Agriculture
USDA
100th Anniversary logo for the United States Department of Agriculture
November 19, 2012

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.

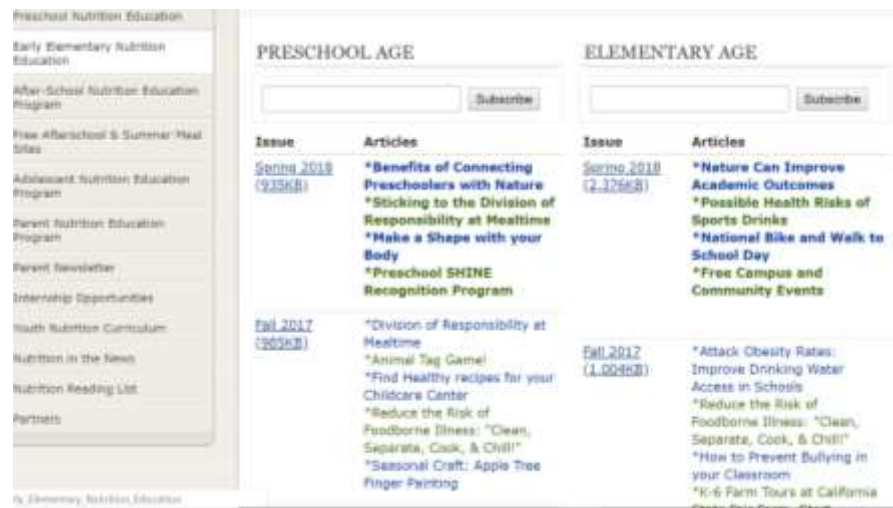


Quarterly Newsletter

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

“Fuel Their Minds” - available online.

- ‘Parent Insert’ - English and Spanish
- Age appropriate and developmentally applicable



Resources

- HHF website: <http://ucanr.edu/sites/hhf/>
- CDC Positive Parenting:
<https://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/preschoolers.html>
- First 5 California: <http://www.first5california.com/activity-center.aspx?id=18>
- National Association for the Education of Young Children:
<https://www.naeyc.org/our-work/families/play>
- Choose MyPlate – Preschool
<https://www.choosemyplate.gov/preschoolers-physical-activity>



Poll Question



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

- A. Yes
- B. No
- C. Sort of

Contact



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<http://yolonutrition.ucanr.edu/>

<https://www.facebook.com/UCCECalFreshNutritionEducationProgramYoloCounty/>

<https://www.instagram.com/uccalfreshyolo/>