

GETTING STARTED

Using this curriculum module

This curriculum module was developed after the success of the **KERA Little Bites, Big Steps** curriculum. This curriculum focused on helping parents and caregivers provide appropriate nutrition and physical activity for young children. This curriculum addresses the needs of the family, not just the child.

This package contains a **Facilitator's Guide**, which includes:

- An overview of the workshops
- A complete guide to leading the workshops, including suggested scripts
- PowerPoint® (PPT) slides
- A resource section with the latest research and additional ideas for activities and ways to adapt the workshop for your group
- Ideas on effective session facilitation
- An interactive *Parent Guide and Journal* to be used during the workshops and between sessions

We encourage you to visit KERA's "Ready for Life" website where you will find training manuals, information and video clips on activities and nutrition for children that you can use to enrich and better understand the concepts you are teaching in this program. You can find these at <http://readyforlife.kera.org/ready-for-life/>

PLANNING SHEET FOR FACILITATORS

Use this sheet as a guide to plan your workshop

Date of Workshop: _____ Time: _____

Phone: _____ Number Expected: _____

Location: _____

Goal of Growing Healthy Families:

To develop a better understanding and application of basic nutrition and activity principles for families

Overall Objectives:

Participants will:

- Identify methods of increasing family and individual physical activity.
- Develop strategies to help the family members maintain a healthy weight.
- Gain ideas on improving the quality of snacks for the family.
- Identify why nutrients are important and what foods provide nutrients.
- Develop specific methods of choosing healthier fast foods at restaurants.
- Create methods and ideas for having family meals regularly.
- Identify strategies to work with different temperaments in encouraging family members to be active and eat well.
- Gain ideas and strategies to better plan meals, shop wisely for foods and substitute healthy for less-healthy ingredients in recipes.

Room Setup:

Draw a diagram of the way you would like to set up your room.

A large, empty rectangular box with a black border, intended for the facilitator to draw a diagram of their room setup.

Marketing/Advertising Plan:

- Where will I advertise?
- Identify specific places such as schools, local businesses, radio/TV, social service agencies, religious organizations, apartment buildings and housing communities.
- Use email blasts and social media sites like Facebook and Twitter to promote. Create your own online social media presence, and work with community partners (as identified above) to assist in publicity efforts. Ask your partners to send promotional e-blasts and share your social media posts with their communities.
- Use newspapers, meetings of interested organizations, local magazines.
- Use direct mailings and flyers to get the word out.

One to Two Days Before the Workshop:

- Make enough copies of handouts for each participant.
- Make sure audiovisual equipment is available and working.
- Make sign-in sheet.
- Prepare a brief survey to gauge parents' satisfaction with each module and their ideas for improvement.

One Hour Before the Workshop:

- Set up the room.
- Set up and turn on all audiovisual equipment.
- Check to be sure everyone can see.
- Set up sign-in table with a sign-in sheet, copy of handouts, etc.
- Place at each chair a name tag, Handout #1 and *Parent Guide and Journal* (for the first workshop).
- Set out refreshments.
- Find the location of restrooms, telephones and water fountains so that you can direct participants to them.

Personal Workshop Evaluation: (Fill this out after the workshop for next time!)

How would I rate this workshop?	Poor	Adequate	Good	Excellent
How did participants rate the workshop?	Poor	Adequate	Good	Excellent
How would I rate my preparation?	Poor	Adequate	Good	Excellent

What can I do next time to improve the workshop and participation?

What do I want to remember next time?

CURRICULUM OVERVIEW

Eight One-Hour Sessions

Materials needed for all sessions:

- Computer and projector (or overhead projector)
- PowerPoint® (PPT) slides
- Handouts
- *Parent Guide and Journal*
- Door prizes (optional)
- Name tags
- Sign-in sheets
- Pens or pencils
- Markers
- Table toys for participants
- Flip chart and marker
- Refreshments

Page	Time	Topic/Activity	Method	Materials
Module 1				
Growing Healthy Families: Being Active				
Page 3	15 Min.	1. Welcome/"Active Family Checklist"	Information/Activity	PPT/ <i>Parent Guide and Journal</i>
Page 4	30 Min.	2. Basic Activity Skills	Group	PPT Activity Jars and Bags
Page 5	10 Min.	3. Community and Outdoor Activity	Group/Individual	PPT Game
Page 6	5 Min.	4. Summary/Family Activity Chart/Journaling	Information	PPT/Handout/ <i>Parent Guide and Journal</i>
Module 2				
Growing Healthy Families: Managing Our Weight				
Page 20	10 Min.	1. Welcome/Penny Activity	Individual Activity	PPT
Page 21	10 Min.	2. BMI	Individual Activity/ Information	<i>Parent Guide and Journal</i> PPT
Page 23	15 Min.	3. Balloon Game: Traditions	Group Activity	Balloons with Paper Strips
Page 25	20 Min.	4. Board Game: Changing Habits	Group Activity	Board Game for Each Table
Page 26	5 Min.	5. Summary	Information/Individual	PPT <i>Parent Guide and Journal</i>

Page	Time	Topic/Activity	Method	Materials
Module 3				
Growing Healthy Families: Finding Nutritious Foods				
Page 36	5 Min.	1. Share changes in food, activity habits	Group/Individual	<i>Parent Guide and Journal</i>
Page 37	20 Min.	2. Mini-Lecture & Fill-in-the-Blank	Information/Individual	<i>Parent Guide and Journal</i>
Page 38	20 Min.	3. Vitamin & Mineral Match	Group Activity	Handout/ <i>Parent Guide and Journal</i>
Page 39	10 Min.	4. MyPlate	Group/Individual	MyPlate Handout
Page 40	5 Min.	5. Summary	Individual	<i>Parent Guide and Journal</i>
Module 4				
Growing Healthy Families: Snacking				
Page 53	10 Min.	1. Snack Bingo	Group	Bingo Handout
Page 54	15 Min.	2. Mini-Lecture	Information	Post-It® Notes/ <i>Parent Guide and Journal</i>
Page 55	15 Min.	3. Compare Food Labels	Group Activity	Food Labels Handout
Page 56	15 Min.	4. Snack and Roll Activity	Brainstorming	Snack and Roll <i>Parent Guide and Journal</i>
Page 57	5 Min.	5. Summary	Information	<i>Parent Guide and Journal</i>
Module 5				
Growing Healthy Families: Eating Healthier Fast Foods				
Page 69	5 Min.	1. Fast Food Share	Group	<i>Parent Guide and Journal</i>
Page 70	30 Min.	2. Create a Meal	Group	Menus Handout <i>Parent Guide and Journal</i>
Page 71	20 Min.	3. Healthy Alternatives	Group	Healthy Alternatives Matching Game
Page 72	5 Min.	4. Summary	Individual	<i>Parent Guide and Journal</i>

Page	Time	Topic/Activity	Method	Materials
Module 6				
Growing Healthy Families: Dining Family Style				
Page 84	5 Min.	1. Family Meals Benefits	Individual/Group	Post-It® Notes
Page 85	20 Min.	2. Creating Family Mealtimes	Brainstorming/ Role-Play	Role Play Handout
Page 87	10 Min.	3. Infants/Toddlers	Ball Group Game	Beach Ball
Page 88	20 Min.	4. Festive Family Meal	Individual/Group	Materials for Flowers <i>Parent Guide and Journal</i>
Page 90	5 Min.	5. Summary	Individual	<i>Parent Guide and Journal</i>
Module 7				
Growing Healthy Families: Temperament, Eating and Activity				
Page 99	15 Min.	1. Temperament	Mini-Lecture/Video	Video (optional) <i>Parent Guide and Journal</i>
Page 100	20 Min.	2. Temperament Types	Individual/Group	Temperament Types Handout <i>Parent Guide and Journal</i>
Page 102	20 Min.	3. Scenarios	Group	Scenario Handout
Page 103	5 Min.	4. Summary	Individual	<i>Parent Guide and Journal</i>
Module 8				
Growing Healthy Families: Eating Healthier Fast Foods				
Page 112	10 Min.	1. Budget and Planning Discussion	Group	<i>Parent Guide and Journal</i>
Page 113	20 Min.	2. Shopping Game	Group	Shopping Game Handout Grocery Flyers <i>Parent Guide and Journal</i>
Page 114	25 Min.	3. Recipe Re-Do	Group/Individual	Recipe Cards Handouts <i>Parent Guide and Journal</i>
Page 115	5 Min.	4. Summary	Individual	<i>Parent Guide and Journal</i>