

NE LESSON CODE CF-000-22
Tips for Making Family Life Easier

OBJECTIVE

Participants will be able to identify:

- one advantage for eating meals together as a family
- one way to handle their children's requests for chips, sodas, sweets, etc.

MATERIALS

- *Tips for Making Family Life Easier* handout, attached, make additional copies as necessary
- Pens or pencils for class members
- Magic markers or chalk
- Flip chart or black board

Note about New Lesson Survey Forms:

The first few times a new lesson is presented, staff and participants need to complete the survey forms attached at the end of this lesson. Please note that the *Staff Survey Form* is different from the *Participant Survey Form*. Only 10-20 participant surveys need to be completed. Please mail completed new lesson surveys to:

Texas Department of State Health Services
Delores Preece, Nutrition Education/Clinic Services Unit
Nutrition Services Section
1100 W. 49th Street
Austin, Texas 78756

TEACHING TIPS

Let the class take the lead on the discussion. You do not have to cover all the information in the additional questions/information section. It is there if you need it.

INTRODUCTION

Today we are covering some parenting tips. I hope that all of you will share the tips that you have found useful for dealing with your children. We all have a lot to learn on this topic.

ICEBREAKER

First, what toys have you gotten for your children that they played with over and over?

List the toys that parents name on a flip chart or blackboard.

Additional questions/information:

Where do your children learn about toys that they want?

Many ads play on children's emotions to make them want toys which they may play with only for a few minutes. Parents can talk with older children about how ads play on their emotions. They can also remind older children how the toy they saw on the ad was not very much fun when they got it.

Toys do not have to cost a lot to be favorites with children. Jump ropes, Frisbees, hoola hoops, or balls last for years and bring hours of fun. These toys also encourage children to get out and play. They help children get the exercise that they need each day. Books, chalk, paints or crayons also provide children with hours of entertainment.

Has anyone found ways to say no to your children's requests for candy, sodas and other high-fat or high-sugar foods? List the responses on a flip chart or blackboard.

Additional questions/information:

TV ads also sell many low-nutrient foods to children. Keeping your children away from TV is another way to limit their requests for low-nutrient foods. Children under two need interaction with adults to grow and develop optimally. It is best to keep children under two away from the TV. Keep them busy with activities and playthings.

Children over two do best when their TV, computer and video game time is limited. One to two hours a day is plenty for them. Instead of TV, get your children outside where they can run off extra energy, let them help you with chores, give them time to play on their own or play with them yourself.

Carry healthy snacks with you when you are out of the house, so that you do not have to buy foods from vending machines, fast food restaurants or convenience stores. This saves money as well as insuring that you can give them healthy foods.

Offer your children healthy foods at regular time. They need to know they can depend on regular meals and snacks.

Does anyone eat certain meals regularly with their whole family? Would you recommend this to other moms? List the responses on a flip chart or blackboard.

Additional questions/information:

Has anyone ever gotten into arguments with their children about what they eat? Did anyone win these fights?

Keep mealtimes pleasant. Avoid topics that will cause arguments at the table. Never try to get your child to eat certain foods or all of the food you give them. Parents who start these arguments with their child set up a power struggle that no one wins. Remember, it is your child's job to decide what and how much to eat of the healthy foods that you offer.

Meals are a time that families can grow closer together. They also are a way for you to find out what your children are doing and thinking. Some studies have shown that adolescents that eat meals regularly with their family do better in school.

How do you decide what clothes to get for your children? List the responses on a flip chart or blackboard

Additional questions/information:

Does anyone have any money saving tips on clothes buying they would like to share?

Buy your children clothes that fit their lifestyle. Ask your children what they like to do. Then get them clothes that let them do it. If the jungle gym is your daughter's favorite thing, do not send her to day care in dresses. Send her in pants or shorts so that she can climb all she wants. Remember that what your child wears may determine how much physical activity your child participates in during the day. Buy clothes that will last well during outdoor play. And look for colors that will not show dirt.

How do you make time for yourself? List the responses on a flip chart or blackboard

Additional questions/information:

Parenting is a hard job and we all need a break from it from time to time. Making time for yourself is as important as spending time with your children. You will stay in better control of your emotions by regularly taking time for yourself. Getting the rest and physical activity that you need, along with eating well, will help to keep you in great shape for parenting.

What other parenting tips do you have to share with the class? List the responses on a flip chart or blackboard.

Here is a copy of *Tips for Making Family Life Easier*. Look on the back of it. Will you write down the parenting tips that are requested there.

Take your sheet home and read over it. It has other tips from parents that you will find useful.

Staff Survey Form
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Tips for Making Family Life Easier

Local Agency # _____

Date: _____

1. Was the lesson easy to read and follow?

- a. yes b. no

What changes would you suggest for improving the lesson? _____

2. Was participant feedback:

- a. positive b. negative c. indifferent

3. Was the Spanish translation appropriate for your participants?

- a. yes b. no

4. Do you plan to use this lesson again?

- a. yes b. no

Comments: _____

5. Additional comments: _____

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Participant Survey Form
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1. I am: (you may circle more than 1)

- a. pregnant
- b. breastfeeding
- c. parent of an infant
- d. parent of a child
- e. family or friend

2. How much did you like the lesson?

- a. a lot
- b. a little
- c. not at all

3. Do you plan to use this information?

- a. yes
- b. no

4. Do you think this is a good lesson to use at WIC?

- a. yes
- b. no

Why? _____

5. What is the most useful thing you learned from the discussion today?

6. Comments: _____

Thank you for your comments!