Title: Growing Happy, Healthy Kids Lesson Plan & Evaluation Form for Interactive Center

Target Audience: Adult caregivers of children two years and older

Objectives: The caregiver will:

1. Identify two health risks of excess weight in childhood
2. Identify three ways caregivers can help their child maintain a healthy weight through food choices and changes in physical activity

Teaching Materials Needed, Including Handouts:

1. Items for interactive nutrition education display including those required for the interactive components chosen from the Interactive Component section below.
2. Copy of all handout materials and feedback forms for each attendee. Suggested handouts are posted in the same location as this lesson plans. For additional materials: 
   http://www.kansaswic.org/nutrition_education/nutrition_edu_materials.html

Advance Preparation Needed:

1. Assemble the display including any items needed for the interactive components.
2. Copy enough handouts and client feedback forms for each anticipated attendee.
3. Complete any advance preparation for food items used with the display.

Outline and Methods:

1. The interactive display and handouts will be available during clinic hours.
2. A knowledgeable staff member should be available for caregiver questions regarding the interactive display. See background information on this topic below, under Concepts.
3. Offer the caregiver handouts to reinforce the concepts on the display.
4. Once the caregiver reads through the materials and completes the feedback form, the caregiver should show the completed form to the delegated WIC staff person (e.g. clerk).
5. The delegated WIC staff person should ask the caregiver if they have any questions. If yes, refer them to the staff person that can answer their questions.
6. The delegated WIC staff person should ask the caregiver, “What is one thing you will try to do, based upon what you learned today?” For example, “What is one step you will take to help your child have a healthy weight?”
7. Upon completion of the lesson, a designated WIC staff person should record completion in the client’s KWIC record. If the LA chooses, the client’s goal can also be entered into KWIC.

Concepts and Key Points:

1. Excess childhood weight leads to heart disease, high blood pressure, joint problems, type 2 diabetes, poor self esteem, and other health problems.
2. Changes in lifestyle should be do-able and enjoyable. Both eating and physical activity behaviors need to be modified for children to achieve a healthy weight.
3. Changes in eating and physical activity are most successful when adopted by the whole family.
4. Small changes in diet can promote healthy weight.
5. One in three children is obese or overweight before their 5th birthday.
6. Children and adolescents should do 60 minutes or more of physical activity each day.
7. To encourage your child to be physically active: be a role model; turn off the TV and computer; join in fun activities.
8. Use the parent-child feeding responsibilities model to determine what and how much a child should eat. (For more information: http://ellynsatterinstitute.org/dor/divisionofresponsibilityinfeeding.php)
9. Encourage healthy eating behaviors by offering healthy foods for meals and snacks. Encourage family meal times. Do not use food as a reward or punishment.
10. Offer less sugar-sweetened beverages and limit excessive juice and milk.
11. Use MyPlate as a model for planning meals and snacks.

**Interactive Component:** Choose one or more of the following to incorporate with the display:

1. Recruit a volunteer willing to lead attendees and their children in simple games or play activities. Encourage parents to try some new activities with their children this week.
2. Have copies of the Sesame Street Food For Thought kits available for caregivers to take home. Run the DVD showing how children can help prepare and shop for healthy foods, or show segments on physical activity. While supplies last, LAs can order these kits by emailing jornelas@kdheks.gov. The kits can only be given to WIC clients.
3. Display the difference in sugar content of several beverages and have clients try to decide what the true sugar content is of each. Encourage them to offer less sugar-sweetened beverages to their children.
4. Have a graffiti board available where caregivers can add their tips for keeping their children healthy and happy.
5. Offer a list of ideas that caregivers could use to “reward” their children that do not include food. Discuss what rewards could work for their family with each caregiver.
6. Using food models have caregivers “plan” a meal using MyPlate. Offer handouts and tip sheets to caregivers using this model that they can try at home.
7. Use models of various serving sizes and have caregivers guess which is the appropriate size for their toddler or preschooler to eat. Share the answers with the caregivers and offer guidance tips on “downsizing” servings that may be too big.

**Behavior Change Goal:**

The designated staff person will assist the client/caregiver to set a goal based upon the interactive display as outlined in the *Methods* section above.

**Procedure for Clients to Ask Questions of Trained WIC Staff:**

The designated WIC staff person will either answer the questions or guide the client to the staff person qualified to answer a question posed by the client/caregiver.

**Evaluation:**

The evaluation will consist of completing the feedback form attached and interacting with WIC staff as outlined in the *Class Outline and Methods* section above.

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**Lesson Plan Approved By:**

**Date:**
How to Grow Happy Healthy Kids

1 in 3 children will be overweight or obese before they reach age 5

Small changes in family meals and activity can have a big effect on a child’s weight

Try these ideas today!

★ Let your child decide how much to eat

★ Present healthy foods as “treats”

★ Offer water instead of juice

★ Include a fruit and/or vegetable at each meal

★ Serve low-fat milk to children over two

★ Use mealtime to strengthen family ties

★ Lead by example—be a role model for your children

★ Create activities for you and them every day

★ Provide attention rather than food or a bottle

★ Encourage and praise their efforts
Caregiver Feedback Form

Name:_________________________________________________________

1. What is one reason you should help your child eat healthy foods and stay active?

2. True or False? Everyone in the house needs to make the same healthy changes in diet and exercise to stay at a healthy weight.

3. What is one step you will take to help your child have a healthy weight?

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