



LESSON 5

PARENT RESOURCE GUIDE

FAMILY FITNESS

REVIEW & FIRST STEPS

TOOLS FOR SUCCESS & PROGRESS CHECKS

SUPPLEMENTAL MATERIALS LIST



HOLISTIC
POSITIVE
PARENTING

LEARNING OBJECTIVES & FIRST STEPS FOR EACH MODULE

Exercise For All

Learning Objectives:

- Increase physical activity and physical fitness for all family members.
- Discover new activities that will encourage physical activity for your children.

First Steps

1. Discuss the importance of exercise at a family meeting.
2. Each family member should fill out their Personal Monthly Exercise Log.
3. Place the personal goals on the Family Exercise Challenge – Record of Success. Share & celebrate achievement.
4. Look for opportunities for engaging in physical activity as a family
5. Encourage kids and teens to participate in group athletics or individual like karate or swim lessons.

Family Meals

Learning Objectives:

- Improve nutrition for all family members through family meals.
- Improve family cohesiveness and communication through family mealtime.



LEARNING OBJECTIVES & FIRST STEPS FOR EACH MODULE

First Steps

1. Discuss and agree on family mealtime during a family meeting.
2. Discuss ideas for meals and encourage older children to help with cooking.
3. Make family meals a time for sharing. See ideas from the Family Dinner Project.
4. Look for opportunities to eat out at a restaurant or go on a picnic
5. Occasionally take one child out for a meal or a snack at on time.

Getting Enough Sleep

Learning Objectives:

- Enable all family members to get adequate, restful, and restorative sleep.
- Easily handle bedtime routines with younger children as well as teens

First Steps

1. Review and discuss the importance of sleep at a family meeting.
2. Everyone should have a set bedtime and stick to it.
3. As a group or individually with each child review proper sleep hygiene.
4. For younger children use the Bedtime Routine tool to help them get to bed on time.
5. If there is push-back or resistance, follow the suggestions covered in the lesson.

TOOLS FOR SUCCESS

DIRECTIONS FOR USE

Suggestions for Improving Your Family's Lifestyle and Promoting Health and Wellbeing for All Family Members:

1. At a family meeting, discuss individual and family goals for increasing exercise.
 - a. Develop individual goals.
 - b. Plan family exercise activities. Some should include the entire family while others might be or 1:1 time with a parent and an individual child.
2. Discuss the concept of family mealtime at a family meeting.

Decide how you can implement it in your home.

 - a. Agree to a schedule.
 - b. Implement suggestions for communication during meals.
 - c. Develop ideas for family meals.
 - d. Discuss progress at family meetings.
3. Discuss the importance of sleep as a family. Encourage a discussion about sleep between your kids and their primary care physician.

Exercise Activity Ideas

This is a simple suggestion list that may help your kids find activities they would like to try.

Personal Monthly Exercise Log

This is a great way for all members of the family to keep track of their exercise activities. The monthly total can be used in family challenge records.

Family Exercise Challenge – Record of Success

The idea here is for each family member to set a goal for how much time they want to spend exercising and share their progress with the rest of the family. You can share at family meetings and praise successes and cheer each other on.

Family Meal Planner

A simple way to build a weekly meal plan and keep track of grocery needs to make the meals.



TOOLS FOR SUCCESS

DIRECTIONS FOR USE

Bedtime Routine

This provides a tool to help children be ready for bed on time and to follow good sleep preparation steps.

1. Enter agreed upon time to start unwinding activities (at least one-half hour before bedtime).
2. List unwinding time such as read a book, listen to music, take a warm bath, etc. It could be just one. (For young children, you can paste or draw a picture as a cue).
3. Use the same instructions for Ready of Bed. Activities may include brush teeth, put on pajamas, etc.
4. Finally, In Bedtime should be indicated. Once your child is in bed, you may still want to do a short routine of reading a short story, saying prayers, etc.
5. Use this chart for about 4 weeks (Check off when time is met, and activities are completed).

[Click on this link to DOWNLOAD TOOLS FOR SUCCESS for this lesson](#)





PROGRESS CHECK LIST



| Steps & Notes | Date Started | Date Completed |
|--|--------------|----------------|
| Discuss the importance of exercise at a family meeting. | | |
| Each family member should fill out their Personal Monthly Exercise Log. | | |
| Discuss and encourage older children and teens to engage in outdoor activities and group events. | | |
| Place the personal goals on the Family Exercise Challenge – Record of Success. Share & celebrate achievement. | | |
| Look for opportunities for engaging in physical activity as a family. | | |
| Encourage kids and teens to participate in group athletics or individual like karate or swim lessons. NOTES: | | |
| Discuss and agree on family mealtime during a family meeting. | | |
| Discuss ideas for meals and encourage older children to help with cooking. | | |
| Make family meals a time for sharing. See ideas from the Family Dinner Project. | | |
| Look for opportunities to eat out at a restaurant or go on a picnic. Occasionally take one child out for a meal or a snack NOTES: | | |
| Review and discuss the importance of sleep at a family meeting. | | |
| Everyone should have a set bedtime and stick to it. | | |
| As a group or individually with each child review proper sleep hygiene. | | |
| For younger children use the Bedtime Routine tool to help them get to bed on time. | | |
| If there is push-back or resistance, follow the suggestions covered in the lesson. NOTES: | | |

SUPPLEMENTAL MATERIALS

Free Downloadable Documents (PDF)

Healthy Habits Healthy Families

From cooking healthier to increasing physical activity, learn fun ways families can support each other in making better choices. (We Can - National Institutes for Health)

Family Fitness for Moms

This report will help layout the foundation of how to get your family involved in fitness. You'll even be surprised to find that some of the suggestions involve the 'latest and greatest gaming systems'! (eBook)

Healthy Eating Guide for Kids

This report was created to help provide you with information on how to prevent childhood obesity (at least in your own family) and unhealthy eating habits to avoid. You will also learn how to make their favorite foods healthier, how to send healthy lunches to school, how to get them to eat five servings of fruits and vegetables daily, and more. (eBook)

Parent Tips: Knowing What Your Healthy Weight Means

It's important to be at a healthy weight. Body Mass Index—or BMI— and waist size are two numbers that can help you decide if your weight is healthy, or if you need to make some changes. This tip sheet explains how to find both and what they mean. (We Can - National Institutes for Health)

Getting Kids in the Kitchen

Cooking with your kids is a good way to help them build healthy eating habits. (We Can - National Institutes for Health)

Family Mealtime

Family meals provide valuable time to build relationships, talk about what is important, and enjoy healthy foods. Time together gives many lasting benefits. (West Virginia University)

Family Cookbook - Deliciously Healthy Meals

The National Heart, Lung, and Blood Institute (NHLBI) is pleased to present this new Keep the Beat cookbook to help busy parents who want to make meal preparation a family affair. (We Can - National Institutes for Health)

My Plate for Families

A few steps can help you make easy, healthy family meals on a budget. Find time to plan and prepare healthier meals each week. Use the time you save to enjoy your family. (US Department of Agriculture)

SUPPLEMENTAL MATERIALS

Individual and Family Play Activities

Provides extensive lists of indoor and outdoor activities for kids of all ages. Gives easy instructions on how to use materials you have around the house to make fun play and activity equipment and games. (beactivekids.org)

Your Guide to Healthy Sleep

Over 20 pages of information for adults of all ages to improve their sleep and general health. (National Institute for Health)

Sleep Hygiene for Children

Provides brief easy to implement tips on how to improve sleep tailored for specific age groups. (Children's Hospital of Orange County)

Parent's Guide to Teenagers Sleep

Adolescents are notoriously sleep-deprived, because of a combination of biology, technology, and the demands of school and extracurricular activities. This guide outlines how lack of sleep can affect teenagers, and how parents can help them build more sleep into their lives. (Child Mind Institute)

Internet Articles

We Can! Ways to Enhance Children's Activity & Nutrition

Provides information and tools to help your family live and enjoy a healthy lifestyle. (National Institute of Health)

How to Have Better Family Meals

Provides a wealth of articles and tips. (The New Your Times - Well)

The Family Dinner Project

The Family Dinner Project. The only thing you need to do is share a meal with the people closest to you. Choose from our many free resources designed to help you improve your family dinners and meet your mealtime goals.

Let's Move

America' Move to Raise a Healthier Generation of Kids (Archive from Obama Whitehouse Site.)

SUPPLEMENTAL MATERIALS

Books

[The Busy Body Book, A Kid's Guide to Fitness](#) Lizzy Rockwell explains how your bones and muscles, heart and lungs, nerves and brain all work together to keep you on the go. Kids walk and skate and tumble through these pages with such exuberance that even sprouting couch potatoes will want to get up and bounce around—and that's the ultimate goal.

[Go Go Yoga for Kids: A Complete Guide to Using Yoga With Kids](#)

For anyone who enjoys kids and yoga and wants to make a positive difference in their lives, Go Go Yoga for Kids is the book for you. It is a complete and creative resource for introducing kids to yoga through movement, mindfulness, fun, and games.

[Teenager's Guide to Health and Fitness](#)

Provides teens guidance and specific steps they can use to improve their general health and wellness.

[Taste of Home 100 Family Meals](#)

This exciting new cookbook helps you savor the heartwarming benefits of family dinners, casual weekend meals and even Saturday-morning breakfasts. It's a snap with this collection of 100 simple entrees, each including a side dish option, dessert idea or other serving suggestion.

[Healthy Sleep Habits, Happy Child, 4th Edition: A Step-by-Step Program for a Good Night's Sleep](#)

In this fully updated fourth edition, Dr. Marc Weissbluth, one of the country's leading pediatricians, overhauls his groundbreaking approach to solving and preventing your children's sleep problems, from infancy through adolescence.

[Kinect for Xbox 360](#) - With multi- and single-player games that include boxing, volleyball, Kung Fu, track and field, soccer, and more, the Kinect is hands-free, using a sensor in the game console to track movement, then translate it into game play.

[PlayStation Move](#) - Employing a camera and a motion controller remote, this gaming console offers exercise game titles for single and multi-player play, including beach volleyball, disc golf, archery, dance, table tennis, kickboxing, and more.

[Nintendo Wii Fit](#) - Featuring multi- and single-player games, including skateboarding, hula, Kung Fu, skiing, dance games and more, the Wii Fit uses a balance board and remote, both of which translate real-life movement into game play.