

STRATEGY 8: Partner with and Educate Families in Adopting and Maintaining a Lifestyle that Supports Healthy Eating and Active Living

how to implement

Partnerships with families promote consistent messaging about healthy lifestyles and can influence the home environment. Here are some ways to bring families into the fold!

Bolded items mean there is a supporting handout!



MaineHealth

LET'S GO!

5-2-1-0

Partner with Families:

- Send home the **Letter to Families Announcing a New Partnership** (found in the 'Step 1: Sign-Up or Re-Engage' tab of the toolkit).
- Ask parents to be a part of your Let's Go! team.
- Send home the Let's Go! "Message to Families" once you are implementing all 5 priority strategies. (Refer to the Let's Go! Guide to Success in Step 2.)
- Invite families to participate in healthy eating and active living activities at your program.
- Utilize the skills of parents (e.g. nutritionist, carpenter, artist, etc.) to support your 5-2-1-0 efforts.
- Use bulletin boards and wall space to promote 5-2-1-0 messages.
- Create a 5-2-1-0 Let's Go! section of your program newsletter.
- Host family wellness events such as:
 - Educational sessions
 - Family cooking classes
- Support breastfeeding mothers in reaching their breastfeeding goals. (Refer to the **Breastfeeding Support Tab** for specific materials to help with this).
- Send home parent handouts such as **5-2-1-0 Every Day**

There are lots of parent handouts to share! Choose the ones you want to send home, and then go to that section to find them:

STRATEGY 1: Limit unhealthy choices for snacks and celebrations; provide healthy choices.

- **Ideas for Healthy Snacks**
- **Quick Snacks for Healthy Kids**
- **Healthy Snack Ideas – Letter to Families**
- **Healthy Foods for Celebrations – Letter to Families**
- **Non-Food Celebrations – Letter to Families**
- **Kids in the Kitchen**
- **Eat at Least Five Fruits and Vegetables a Day**
- **Healthy Shopping On a Budget**
- **Understanding Food Labels**
- **Maine Seasonal Food Guide**
- **Breakfast Is Best**
- **A Meal is a Family Affair**
- **Fruits and Vegetables, All Year Long!**
- **What's A Healthy Portion?** continued

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- **Tips for a Healthier Diet**
- **Handling a ‘Choosy’ Eater** • **Phrases that HELP and HINDER**
- **Practicing the Division of Responsibility When Feeding Children**

STRATEGY 2: Limit or eliminate sugary drinks; provide water.

- **Limit Sugary Drinks Sent in from Home – Letter to Families**
- **Limit or eliminate sugary drinks; provide water.**
- **What Should Young Children Drink?**
- **Water is Fuel for Your Body**
- **Is Juice a Healthy Choice or An Occasional Treat?**

STRATEGY 3: Prohibit the use of food as a reward.

- **Food Rewards Add Up**
- **What the Experts Say about Food Rewards**
- **Non-Food Rewards at Home**

STRATEGY 4: Provide opportunities to get physical activity every day.

- **Get One Hour or More of Physical Activity Every Day**
- **Make Physical Play Part of Every Day!**
- **Take It Outside**

STRATEGY 5: Limit recreational screen time.

- **Limit Recreational Screen Time to Two Hours or Less**
- **Promote Healthy Viewing Habits**
- **Unplugged!**
- **Screen Time and the Very Young**
- **National Screen-Free Week**
- **Tips for Reading to Young Children**

make healthy the
buzz word!

