

# Partner with and educate families in adopting and maintaining a lifestyle that supports healthy eating and



## Did you know?

One of the most effective ways to promote a healthy lifestyle and behaviors for children is to adopt healthier habits as a family. According to the American Academy of Pediatrics, “families have a critical role in influencing children's health, and health is a real characteristic of the family lifestyle”.

**Parents can benefit from this relationship too!**

### Here are a few ways you can partner with and educate families:

- Ask parents to become a part of your team (parents can attend conference without the need of a substitute).
- Send letters home to parents letting them know about your 5210 Goes to Child Care program, what the messages and strategies are, and how they can support your work at school.
- Ask parents to send only healthy snacks and meals in with their child and share ideas with them that can make it more affordable.
- Utilize the skills of parents (e.g. nutritionist, carpenter, artist, etc). Pull them into 5210 projects!
- Encourage fundraisers that support 5210 messages and strategies.

### Children who eat healthy and have an active lifestyle are more likely to:

- maintain a healthy weight
- have better self esteem
- sleep better
- do better academically
- avoid health issues such as heart disease, type 2 diabetes, bone and joint problems, etc



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