

RD Leader Guide
Kids Eat Right RD Parent Empowerment Program
Registered Dietitians Helping Families to Adopt
The 8 Habits of Healthy Children and Families™
Workshop #1: “8 Habits of Healthy Children and Families™”
Suggested Workshop Length: 2 hours

What You Need

For workshop:

Parent roster
FNPA printed surveys (one survey per family)
Pens or pencils
8 Habits of Healthy Children and Families station signs (posted around the room with masking tape)
Masking tape
Props of choice for discussing 8 Habits of Healthy Children and Families
Parent Guidebooks
Parent workshop evaluation forms

For making and tasting activity:

Disinfecting Wipes
Hand Sanitizer
Food and paper goods for recipe of choice **Tip:** Select a Kids Eat Right recipe at www.kidseatright.org
Copies of recipe

Optional:

Healthy refreshments and papergoods
Sticker name tags
Incentives

Workshop Preparation:

Arrive 30 minutes prior to workshop. Set up the room with chairs in a circle. Set up refreshments (if applicable) and Walk-n-Talk stations.

Introduction (30 minutes)

- **Welcome/Survey:**
 - Welcome participants* as they arrive and introduce yourself.
 - Ask participants to write name on name tag (if applicable) and put it on.
 - Ask participants to fill out their information on the parent roster and begin the parent FNPA survey.
Note: Ask participants to complete the survey when they arrive, and plan to begin the workshop once almost all parents have completed the survey (about 15 minutes into scheduled workshop). Ask parents to write their name on their surveys. You will print individual reports and distribute them at workshop #2.
- **Introductions**
 - Begin by introducing yourself and the program.
 - Ask participants to introduce themselves and identify number of children and ages. Also ask what they expect to take away from these workshops to help themselves and their families.
- **Parent Guidebook Introduction**
 - Pass out parent guidebooks and review the four workshop topics.
 - Briefly introduce the 8 Habits of Healthy Children and Families™.

Activity (45 minutes)

- **8 Habits of Healthy Children and Families Walk-n-Talk Stations**

- Description: Ask participants to “walk-n-talk” with you as you visit each station (about 5 minutes per station). Each station will have a sign with the 8 Healthy Habits on it to prompt the discussion and review the habits. **Tip:** This activity can be modified if necessary by omitting the ‘walk-n-talk’ activity and simply reviewing the information in the parent guidebooks.
- At each “walk-n-talk” station, begin with a brief explanation as to why each habit is important in the parent guidebook, then begin the discussions under each habit.

1. Be physically active at least 1 hour a day.

Question for discussion: How many find it challenging to fit physical activity into your day? What is the importance of physical activity to you as a family? How much physical activity do you think children and adults need to maintain a healthy lifestyle?

Facilitate discussion: How can I help my child to be more active?

Suggested strategies:

- Indoor activities: laundry relays, dancing to music, active video games, chores (dusting and vacuuming), and outdoor activities: family walks, outdoor playdates, walking to and from school.
- Organized after school activities such as swimming, sports, walking or running clubs.
- Be active with your child and be a good role model.

2. Spend less than 2 hours a day playing video, computer, and cell phone games or watching TV.

Question for discussion: How can we make this a new family habit?

Facilitate discussion: How would you set limits on TV viewing? Video games and other screen time?

Suggested strategies:

- Remove TV from bedrooms.
- Have a family discussion about TV viewing and setting limits.
- Role playing on how to get a discussion started with children on the subject of TV watching.

3. Eat a healthy breakfast every day.

Question for discussion: Do you find it hard to eat breakfast every day? How about for your kids? What would you consider to be a healthy breakfast for your family?

Facilitate discussion: How can I help make sure my child eats breakfast every day?

Suggested strategies:

- Encourage school breakfast.
- Eat breakfast on the go, with foods like trail mix, apple and string cheese, or a smoothie.
- Be a good role model and eat breakfast together when possible.

4. Eat vegetables and fruits at all meals and snacks.

Question for discussion: What types of vegetables and fruits does your family like? What vegetables and fruits (do you think) are the most healthy to eat?

Facilitate discussion: How do I get my child to eat vegetables and fruits?

Suggested strategies:

- Involve your child in choosing and preparing vegetables and fruits.
- Multiple attempts of trying a vegetable/fruit are needed before a true preference is decided.
- Offer the vegetables/fruits you want to encourage when child is hungry.

5. Make time for healthy family meals at home.

Question for discussion: Why are family meals important to you?

Facilitate discussion: How can I get everyone together for family meals?

- It does not have to be dinner—you can enjoy breakfast and/or lunch as a family, too.
- Make mealtime enjoyable.
- Make meals simple and doable.

6. Be wise about portion size.

Question for discussion: What is the “right-sized” portion? What is MyPlate? (Refer to parent guidebook to review MyPlate.)

Facilitate discussion: How can everyone in your family begin eating the “right-sized” portions?

Suggested strategies:

- Plate individual meals in the kitchen.
- Use smaller plates, bowls, and glasses.
- Make sure vegetables and fruits cover ½ the plate.

7. Drink water, low-fat, or fat-free milk instead of soft drinks and other sweetened beverages.

Question for Discussion: Why drink water?

Facilitate discussion: What are some ways to get my child to drink more drink water?

Suggested strategies:

- Keep a water pitcher in the refrigerator.
- Do not keep soft drinks and other sweetened beverages in the house.
- Offer water instead of sweetened beverages.

8. Ensure regular bedtime for your children and teens to include at least 9 hours of sleep every night.

Question for Discussion: Why is it important for your children to get enough sleep?

Facilitate discussion: What are some ways to help make sure my child gets more sleep?

- Set a bedtime routine.
- Remove the TV from the bedroom.
- Be a good role model and get enough sleep, too!

Closing (30-45 minutes)

- **Goal Setting**

- Explain to participants that every month they will be encouraged to set one goal to work on with their families. Examples may include, “This month our family will eat family meals at least three times a week,” or, “This month our family will limit TV time to one hour a night,” or “This month our family will drink low-fat milk with dinner every night,” etc.
- Ask participants to set one goal this month, focusing on one of the 8 Habits. Encourage parents to set a goal based on the behaviors they want to improve after taking the FNPA survey.
- Encourage parents to set “SMART” goals: specific, measurable, achievable, realistic, and timely goals.
- Facilitate discussion: How will I use this information to a) make changes for my family and b) share with other parents?

- **Making and Tasting Activity (Optional)**

- Ask all participants to wash their hands and/or use hand sanitizer.
- Select a recipe to make as a hands-on cooking activity with participants (or parents with kids, if possible). **Tip:** Select a Kids Eat Right recipe at www.kidseatright.org.

- **Empowerment Pow-Wow (Participants can leave as they wish)**

- Continue to dialogue, socialize, and snack with RD and peers.
- Encourage role-playing on how to share the 8 habits with family and friends. If participants are hesitant, RD can volunteer to role play with one participant.
- Before participants leave, share date and time of next workshop. Share a highlight of the next workshop to motivate them to attend and let them know you will be bringing their FNPA survey results to the next workshop.
- **Tip:** You may decide with your parents that this time would be a good opportunity to do some physical activity together—go for a walk, play with the kids outside, etc.

Tip: Enter parent FNPA survey results into computer in-between workshop #1 and #2; print each report and optional downloadable handouts, and distribute to parents at workshop #2. Identify strengths and key areas of improvement that you can incorporate into future workshop messages.

**Note to RDs: Some participants may be caregivers such as grandparents or aunts and uncles, etc. Participants may not all be traditional parents, so please be sensitive to the individual circumstances in your group.*

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Workshop #2: Shop Smart.

Suggested Workshop Length: 1 ½ hours

What You Need

For workshop:

Parent roster

Parent Guidebooks (for new parents)

8 Habits station signs (from workshop #1)

Empty bottles (~6-8) of a variety of types and sizes of beverages (water, sports drinks, vitamin water that has added sugar, fruit punch, and other popular beverages kids drink a lot of)

Individual FNPA survey reports (printed from workshop #1) and optional downloadable handouts from survey

Parent workshop evaluation forms

For making and tasting activity:

Disinfecting Wipes

Hand Sanitizer

Food and paper goods for recipe of choice **Tip:** Select a Kids Eat Right recipe at www.kidseatright.org

Copies of recipe

Optional:

Healthy refreshments and papergoods

Sticker name tags

Incentives

Workshop Preparation:

Arrive 30 minutes prior to workshop. Set up the room with chairs in a circle.

Introduction (15 minutes)

- **As Participants Arrive**
 - Welcome parents and offer healthy refreshments (if applicable).
 - Ask parents to write name on name tag and put it on (if applicable).
 - Praise parents who have returned for workshop 2; welcome parent visiting for the first time.
- **Welcome and Introductions**
 - Begin on time with a quick introduction of yourself and ask parents to introduce themselves.
- **What Changes Did You Make Since our Last Workshop?**
 - Ask parents to share the healthy changes that they made with their family since the previous workshop. Praise those who provide examples. May want to 'high five' or give applause.
 - Review the 8 Healthy Habits and review last month's goals.
- **FNPA Results**
 - Pass out individual FNPA results.
 - Briefly summarize the group FNPA results—what habits is the group strong in and which ones seem to be challenging for our parents?

Activities (30 minutes)

- **Shop Smart: discussion**
 - Introduce the topic of Shop Smart and how it relates to Habit #5, Make time for healthy meals at home, and Habit #7, Drink water, low-fat, or fat-free milk instead of soft drinks and other sweetened beverages.

- Discuss that there are two important steps in achieving habit #5, Make time for healthy meals at home. They are planning meals and making a grocery list. Review the sample menus, grocery list, and grocery list makeover in the parent guidebook.
- **Label reading introduction**
 - Explain that today we will be focusing on label reading to help us with habit #7: drink water, low-fat or fat-free milk instead of soft drinks and other sweetened beverages. Ask parents why they think that is a habit for healthy children and families. Explain that is why today you will be looking specifically for sugar content in beverages.
 - Review label reading information in the parent guidebook.
- **Label reading activity**
 - Break into groups of 4. Place beverage bottles at one end of the room, and place the teams on the other. Play a relay game. One participant from each team will get one bottle and bring it back. Their team must do the same number of arm raises (or other activity) as sugar grams listed on the bottle's Nutrition Facts label. Then the next person in line takes the bottle back and gets a new one and the game continues until all four players have a chance to play. The first team finished wins.
 - At the end, line up the bottles (with help from participants, asking them if to remember how much sugar was in each container) from least to most sugar. What did they notice about the servings per container? Discuss how beverages contribute to calories, and the difference between beverage choices. This is the reason why Habit #7 encourages kids to drink water, low-fat, or fat-free milk instead of soft drinks and other sweetened beverages!

Closing (30-45 minutes)

- **Goal Setting**
 - Ask parents to set one goal this week around shopping smart.
 - What strategies will you use to help you meet the goal (ie no TV until we have our family 'play' time or make sure fruit is on the grocery list, etc.) Encourage parents to set "SMART" goals: specific, measurable, achievable, realistic, and timely goals.
 - Facilitate discussion: How will I use this information to a) make changes for my family and b) share with other parents?
- **Making and Tasting Activity (Optional)**
 - Ask all participants to wash their hands and/or use hand sanitizer.
 - Select a recipe to make as a hands-on cooking activity with participants (or parents with kids, if possible). **Tip:** Select a Kids Eat Right recipe at www.kidseatright.org.
- **Empowerment Pow-Wow (Participants can leave as they wish)**
 - Continue to dialogue, socialize, and snack with RD and peers.
 - Encourage role-playing on how to share what they learned today about sugar in beverages with family and friends. If participants are hesitant, RD can volunteer to role play with one participant.
 - Before participants leave, share date and time of next workshop. Share a highlight of the next workshop to motivate them to attend.
 - **Tip:** You may decide with your parents that this time would be a good opportunity to do some physical activity together—go for a walk, play with the kids outside, etc.

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Workshop #3: Cook Healthy.

Suggested Workshop Length: 1 ½ hours

What You Need

For workshop:

Parent roster

Parent Guidebooks (for new parents)

8 Habits station signs (from workshop #1)

2-3 boards to write on (whiteboards, chalk boards, or flip charts with markers)

Parent workshop evaluation forms

For making and tasting activity:

Disinfecting Wipes

Hand Sanitizer

Food and paper goods for recipe of choice **Tip:** Select a Kids Eat Right recipe at www.kidseatright.org

Copies of recipe

Optional:

Healthy refreshments and papergoods

Sticker name tags

Incentives

Parent workshop evaluation forms

Workshop Preparation:

Arrive 30 minutes prior to workshop. Set up the room with chairs in a circle.

Introduction (15 minutes)

- **As Participants Arrive**
 - Welcome parents and offer healthy refreshments (if applicable).
 - Ask parents to write name on name tag and put it on (if applicable).
 - Recognize parents who have attended 2 and 3 workshops; welcome parents visiting for the first time.
- **Welcome and Introductions**
 - Begin on time with a quick introduction of yourself and ask parents to introduce themselves. Ask parents to fill in the blank to this statement: "The best thing my family has done since the last workshop to be healthier is: _____."
- **What Changes Did You Make Since the Last Workshop?**
 - Ask parents to share healthy family changes that they practiced since the previous workshop.
 - Review the 8 Healthy Habits (using the station signs from workshop #1) and review last month's goals.

Activities (30 minutes)

- **Recipe Substitutions**
 - Review healthy cooking tips in the parent guidebook.
- **Recipe Makeover and Team Competition**
 - As a group, ask parents for suggestions on how to make spaghetti healthier (or select other common, culturally-appropriate main dish parents eat regularly). Ask a parent volunteer to write them on the board. Discuss.

- Divide parents into two or three teams and ask each team to think of a dish they often make that they could make healthier. The teams will each list changes to the recipe they could make (along with a new recipe name, too!). Provide each team a few minutes to present their ideas. Encourage comments input from all parents. Identify winning teams—each one with something unique (most creative, healthiest, most kid-friendly, most colorful, etc).
- Discuss how easy it is to make a few simple changes in a favorite recipe to make it healthier and still taste delicious. Encourage parents to use more recipes from www.kidseatright.org.
- **Discussion: Eating together as a Family**
 - Point out the numerous kid-tested recipes in the parent guidebook.
 - Ask parents about simple, healthy recipes their family prepares. Ask parents if they have tried recipes such as soup from www.kidseatright.org. Discuss how soup is an easy dinner to prepare because while it's simmering you can prepare other side dishes or pick up the house a little, help kids with homework, etc. Discuss crock pot recipe ideas for easy dinner options, too.
 - Remind parent of habit #5: Make time for healthy meals at home. Identify parents from the group that reported on the FNPA that they eat family meals frequently. Ask how they've been successful in doing this.
- **Discussion: What to do after cooking and eating dinner?**
 - Review habits #1, 2, and 8:
 - #1: Be physically active at least 1 hour a day.
 - #2: Spend less than 2 hours a day playing video, computer, and cell phone games or watching TV.
 - #8: Ensure regular bedtime for your children and teens to include at least 9 hours of sleep every night.
 - Ask parents who are strong in any of these areas to share what they do to be successful.
 - Discuss after dinner habits and challenge parents to come up with new active ideas and bedtime routines to help ensure adequate sleep for themselves and their children.

Closing (30-45 minutes)

- **Goal Setting**
 - Ask parents to set one goal this month around cooking healthy or a goal focusing on one of the eight habits.
 - What strategies will you use to help you meet the goal (i.e. make a grocery list, read Nutrition Facts labels, etc.)
 - Facilitate discussion: How will I use this information to a) make changes for my family and b) share with other parents?
- **Making and Tasting Activity (Optional)**
 - Ask all participants to wash their hands and/or use hand sanitizer.
 - Select a recipe to make as a hands-on cooking activity with participants (or parents with kids, if possible). **Tip:** Select a Kids Eat Right recipe at www.kidseatright.org.
- **Empowerment Pow-Wow (Participants can leave as they wish)**
 - Continue to dialogue, socialize, and snack with RD and peers.
 - Encourage role-playing on how to share what they learned today about healthy cooking with family and friends. If participants are hesitant, RD can volunteer to role play with one participant.
 - Before participants leave, share date and time of next workshop. Share a highlight of the next workshop to motivate them to attend.
 - **Tip:** You may decide with your parents that this time would be a good opportunity to do some physical activity together—go for a walk, play with the kids outside, etc.

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Workshop #4: “Eat Right”

Suggested Workshop Length: 2 hours

What You Need

For workshop:

Parent roster

Parent Guidebooks (for new parents)

8 Habits station signs (from workshop #1)

Copy fast food (quick service) and/or fast casual restaurant menus and nutrition facts from Web sites (use restaurants that are nearby)

Portion size examples (bowls, cups, etc.)

For making and tasting activity:

Disinfecting Wipes

Hand Sanitizer

Food and paper goods for recipe of choice **Tip:** Select a Kids Eat Right recipe at www.kidseatright.org

Copies of recipe

Optional:

Healthy refreshments and papergoods

Sticker name tags

Incentives

Parent workshop evaluation forms

FNPA printed surveys (one survey per family) if using for post-survey measurement

Pens or pencils

Certificates

Workshop Preparation:

Arrive 30 minutes prior to workshop. Set up the room with chairs in a circle.

Introduction (15-30 minutes)

- **Welcome**
 - **Note: If parents are completing the FNPA survey as a post-program measurement, ask participants to complete the survey when they arrive, and plan to begin the workshop once almost all parents have completed the survey (about 15 minutes into scheduled workshop). Ask parents to write their name on their surveys. Enter the surveys in the computer after the workshop and print results for your records.**
 - Welcome parents and offer healthy refreshments (if applicable).
 - Ask parents to write name on name tag and put it on (if applicable).
 - Praise parents who attended all 4 workshops, and recognize other parents who came to 2 or 3 sessions. Ask parents to write name on name tag and put it on (if applicable).

- **What Changes Have You Made?**
 - Review the 8 Healthy Habits and review last week’s goals. Ask parents to share what changes they made to their family meals after last workshop , “Cook Healthy.” Praise those who provide examples. May want to ‘high five’ or give applause.
 - Ask parents to share healthy changes that they made with their family since the previous workshop and overall changes they are proud of.

Activities (30 minutes)

- **Eat a Healthy Breakfast Every Day**
 - Explain that one of the best ways to “eat right” is to start each day with a healthy breakfast for parents and for children (referring to Habit #3). Ask parents to discuss barriers to breakfast and solutions to those barriers. Discuss healthy breakfast ideas.
- **Eat Vegetables and Fruits with All Meals and Snacks**
 - Explain that another great way to “eat right” is to fill half your meal plate with vegetables and fruits (referring to Habit #4). Ask parents to identify barriers to getting children to eat fruits and vegetables, along with solutions. Discuss easy ways to incorporate more vegetables and fruits into children’s diets.
- **Be Wise about Portion Size**
 - Review portion sizes in parent guidebooks, using bowls and cups as examples.
- **Fast Food Activity 1: “May I take your order, please?”**
 - Before beginning activity, review habit #5: Make time for healthy meals at home and #6: Be wise about portion size. Explain that it is best to eat family meals at home, but there are many healthy choices when eating out, especially when you are ‘being wise about portion size.’
 - Review the Fast Food Makeover page of the Parent Guidebook.
 - Divide into teams (2 or 3 people each)—assigning a different restaurant to each team. Distribute menus/nutrition facts accordingly among participants.
 - Give teams about 5 minutes to decide on a nutritious full meal for themselves and their child (main dish, side dish, drink) and be able to share why it’s nutrient rich/healthful.
 - In drive-thru window style, visit each group and say: “May I take your order, please?” That is when each group will have a team leader share with all participants what they’re ordering for themselves and their child and why. It’s okay to challenge them on what they order. Provide positive feedback when finished with each group’s order.
 - After activity, ask parents what surprised them about the nutrition information of the items.
 - Share some of your key nutrition strategies for ordering healthfully when eating fast food.

Closing (45-60 minutes)

- **Graduation**
 - Personally thank all parents and hand them a certificate of completion (optional). Ask parents to share their successes as they receive the certificate. Encourage parents to continue to visit www.kidseatright.org for helpful articles, tips, recipes, and videos.
- **Goal Setting**
 - Ask parents to set one goal this week around one of the 8 Habits. (Review habits.)
 - What strategies will you use to help you meet the goal (i.e. stop buying soft drinks, get up 15 minutes earlier to be physically active, etc.)
 - Facilitate discussion: How will I use this information to a) make changes for my family and b) share with other parents?
- **Making and Tasting Activity (Optional)**
 - Ask all participants to wash their hands and/or use hand sanitizer.
 - Select a recipe to make as a hands-on cooking activity with participants (or parents with kids, if possible). **Tip:** Select a Kids Eat Right recipe at www.kidseatright.org. Select a celebration dish.
 - Re-enforce to parents that healthy eating can be fun to prepare and enjoyable to eat!
- **Empowerment Pow-Wow (Participants can leave as they wish)**
 - Continue to dialogue, socialize, and snack with RD and peers.
 - Encourage role-playing on how to share what they learned today about eating out with family and friends. If participants are hesitant, RD can volunteer to role play with one participant.
 - **Tip:** You may decide with your parents that this time would be a good opportunity to do some physical activity together—go for a walk, play with the kids outside, etc.