

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 Ready, Set, Go! 5210 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

