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THE UNIVERSITY of
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C4P News

Helping Parents Raise Healthy, Active Children

Research Update

Lent, M., Hill, T.F., Dollahite, J.S., Wolfe, W.S., & Dickin, K.L. (2012). Healthy Children, Healthy Families: Parents making a difference! A curriculum integrating key nutrition, physical activity, and parenting practices to help prevent childhood obesity. *Journal of Nutrition Education and Behavior*, 44(1), 90-92. doi: .10.1016/j.jneb.2011.02.011

This article sought to determine the effectiveness of a new curriculum on improving the health of children and families from lower income environments. The Healthy Children Healthy Families curriculum was created for the Collaboration for Health, Activity, and Nutrition in Children's Environments (CHANCE) to help teach low-income families about the importance of nutrition and physical activity. The program consists of eight 1.5-hour workshops for parents and caregivers of children ages 3-11 and targets 6 primary behavioral goals:

1. Substituting water or milk for sweetened drinks
2. Eating more fruits and vegetables
3. Limiting foods high in fat and sugar
4. Playing actively
5. Limiting television and computer time
6. Having appropriate serving sizes

The program teaches parents to use 4 specific parenting practices— showing, supporting, guiding, and shaping—to implement these behaviors. Each week, participants practice the behavioral objectives through hands-on activities, role-play, and discussion. Additionally, each week they choose one new behavior to try at home with their families.

Evaluations following completion of the program suggest significant improvements in healthy behaviors such as less soda and fast food intake, more vegetable and fruit intake, more active play, less television time, and better use of the parenting practices. Parents also reported improved communication at meal time, better child sleeping habits, and more positive moods.

For more information on this program, visit: https://fnec.cornell.edu/Our_Initiatives/CHANCE_HCHF.cfm

C4P Trivia

Tennessee's physical activity law requires schools to provide students with how many minutes of physical activity per week?

- A) 60 minutes
- B) 90 minutes
- C) 100 minutes
- D) 120 minutes

The first person to send the correct answer to center4parenting@utk.edu will receive a \$5 Starbucks gift card!

Tips for Adding Activity to Kids' Daily Lives

1. Take part in the town recreational clubs, teams, and events
2. Provide activity-encouraging toys, such as jump ropes, pogo sticks, basketballs, or board games requiring movement, and limit movies, computer games, and video games
3. Assign chores that involve some level of physical activity, such as cleaning their room, taking out the trash, doing dishes, or vacuuming
4. Park further from the store, take the stairs instead of the elevator, or ride your bikes to the pool instead of driving
5. With your child, make a jar of activities to draw from when they're bored, or simply choose 1 a day
6. Encourage them to help with outdoor tasks such as gardening, raking leaves, and shoveling snow
7. Encourage participation in outdoor activities such as swinging, building snow forts, or jumping in leaves

Featured Programs

Boys and Girls Clubs of America: Triple Play

This program is designed to support children and families in adopting a healthy lifestyle, including regular physical activity, a balanced diet, and healthy relationships. For more information visit: <http://www.bgca.org/whatwedo/SportsFitnessRecreation/Pages/TriplePlayDetail.aspx>

A-B-C-1-2-3 Healthy Kids in Tennessee Let's Eat Well, Play, and Be Aware Every Day

This program, offered in various regions of Tennessee, aims to educate parents and teachers on the importance of healthy eating and having an active lifestyle and provides practical sample nutrition plans and activities. For more information visit: <http://tncancercoalition.org/content/a-b-c-1-2-3-healthy-kids-tennessee-lets-eat-well-play-and-be-aware-every-day>

Featured Books

-Keeping Kids Fit: A Family Plan for Raising Active, Healthy Children by Len Saunders

This book provides ideas for incorporating exercise into daily routines and gives tips on healthy eating in a parent-friendly format! It also offers guidelines for adequate hydration and sleeping for children of various ages.

-Sneaky Fitness: Fun, Foolproof Ways to Slip Fitness into Your Child's Everyday Life by Missy Chase Lapine

This book suggests 100 ways to add movement to any child's life with ideas such as playing musical chairs during commercials and playing pretend. It also includes tips on healthy eating habits and creative recipe ideas!