



Rationale:

Families have a significant influence on helping their children develop healthy eating and physical activity habits. They can also be effective allies in promoting support for the early care and education program's nutrition and physical activity policies and practices.

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References:

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- Arizona Department of Health Services. Empower Guidebook: Ten Ways to Empower Children to Live Healthy Lives, 2nd Edition. <http://azdhs.gov/empower-program/documents/resources-policies/empower-guidebook.pdf>
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Family Engagement Policy

The families of the children cared for at {name of early care and education center} will be involved in all aspects of their child's wellness progress. We encourage parents to reinforce our center's positive health messages by serving as role models for their children at home.

- ★ Nutrition and physical activity education will be provided to families at least twice per year.
- ★ Support will be given to families to encourage active involvement in their child's wellness. Possible examples include distribution of health and wellness literature, guest speakers, and planned family events.
- ★ Families are encouraged to communicate any concerns they have regarding their child's eating or physical activity habits.
- ★ Regular assessment of children's eating and physical activity behaviors will be provided to families.

