Sharing Nutrition Information with Parents

It is helpful if parents reinforce your good nutrition messages at home..

The nutrition handouts we have provided for you can easily be shared with parents/guardians and other family members. It is important to share with families that you are making an effort to instill healthy eating habits in the children in your care, and parents’ help will be most appreciated.

- **Focus on one of the handouts at a time.** Explain to parents/guardians that you will be giving them more information at a later time. Perhaps you can include the information in a newsletter or family handout once a month.

- **Be prepared to answer questions and be able to address common misconceptions.** Parents/guardians frequently use the same phrases that their families used with them when they were young. The handout “Phrases that help not Hinder” might be a good place to start.

- **If parents/guardians are resistant, be patient.** They may see the benefits later during an open house or parent visiting day at your facility. Parents/guardians often learn from other parents/guardians. Providing families the opportunity to share successes may open them up to some new learning.

- **Have the kids demonstrate some of the nutrition information they have learned.** Demonstrate some of the nutrition and/or physical activity lessons or activities you have practiced during the day.

- **The children can demonstrate how they can serve themselves and choose foods from the healthy options you have provided.** Seeing is believing. Sometimes families, especially new parents or guardians, may under-estimate what their children are capable of doing.