

Healthy Messages for Families

Overview

Parent engagement is key to any successful school wellness program. Not only do parents support healthy habits at home, but they can also support your wellness efforts at school. Start by sharing key healthy messages with parents to give them tools for supporting health at home.



Take Action

Here are four key messages to share with parents:

Load Up on Fruits and Veggies!

The benefits of eating more fruits and vegetables go far beyond helping to maintain a healthy weight. Think about better skin, fewer wrinkles, healthier teeth and gums, and lower risk of diseases. Get more fruits and veggies by making smoothies or slushes.

Share this tip and more suggestions with parents: [ENGLISH & SPANISH](#)

Swap Out the Sodas!

Reaching for a soda or energy drink when we're thirsty is a habit, and we know habits can be hard to change. But every time we drink a sugary soda, we need to think about the impact on our body and our teeth. Start by tracking how many sugar

beverages you and your kids drink in a day: Can you replace just one each day with milk or water?

Share this tip and more suggestions with parents: [Tip Sheet - ENGLISH & SPANISH](#)

Let's Get Moving!

People who are active typically feel better, accomplish more and live longer. To get healthy, we need to get moving! Consider taking a 15-minute break at work to walk around and recommend that kids take study breaks the same way.

Share this tip and more suggestions with parents: [Tip Sheet - ENGLISH & SPANISH](#)

Skip the Screen!

Technology can eat away huge amounts of time for everyone in the family. Parents can set the limits and set the examples. Start with making family bedrooms "no screen zones." Kids who have TVs in their rooms tend to watch about 1.5 hours more TV per day than those who don't.

Share this tip and more suggestions with parents: [Tip Sheet - ENGLISH & SPANISH](#)

Tips



Share these messages wherever parents are - at back to school nights, parent-teacher conferences, the office, at dismissal, etc.



Insert these messages into school newsletters, website and social media channels.



Turn these tips into challenges! Highlight a tip each month, and encourage families to try it.

Additional Resources

[Parents for Healthy Kids](#)

[Ways to Enhance Children's Activity and Nutrition \(We Can!\), program \(National Heart, Lung and Blood Institute\)](#)

Related Activities

Back to School Events

“Back to School” events are a great way to engage parents and families in school wellness and promote healthy habits at home.

Health and Wellness Fair

Hosting a health and wellness fair at school is a great way to share information with students, staff, families and the community about healthy eating, physical activity, health services, and other local health and wellness resources.

PE for Parents

In physical education class, invite parents to observe and participate with their child. Parents might be curious to see how physical education has changed since they attended school and what the curriculum looks like in action.

Social Media to Promote Health

Social media can be a powerful tool to promote eating better and moving more, especially among youth.

