

AAHD

American Association on Health and Disability
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SOURCES ON PARENTAL INVOLVEMENT IN THEIR CHILDREN'S PHYSICAL ACTIVITIES

Source: AGENCY FOR HEALTHCARE RESEARCH AND QUALITY

Title: "Max's Magical Delivery: Fit for Kids" DVD

Description: "Max's Magical Delivery: Fit for Kids is a fun, interactive DVD targeted to children ages 5-9 and their families. The DVD offers suggestions to: Try to eat five fruits and vegetables a day, Get away from the TV and computer screens and move around, Find fun ways to be physically active inside and outside. There is a separate section for parents on small, achievable steps they can take to encourage these healthy habits in their children and themselves."

<http://www.ahrq.gov/child/dvdobesity.htm>

Source: ALLIANCE FOR A HEALTHIER GENERATION, WILLIAM J. CLINTON FOUNDATION/AMERICAN HEART ASSOCIATION

Title: "Parents: Our Ally in Helping Kids Make Healthy Choices" webpage

Description: "Helping your kids get and stay healthy isn't always easy. It's hard for them to resist the unhealthy snacks, sodas and fast food that seem to be all around them. It's also tough to get them away from the television and computer screens and find places for them to play and exercise. Here are some helpful tips and information to help you take positive steps!" Provides links for parents to webpages in the following areas: 1) Healthy Home: Adopt New Habits And Make Your Home A Healthy Home, 2) At School: Advocate For Your School And Take Action, 3) Out And About: Keep Things Healthy When You Are Away From Home, 4) At The Doctor's Office: Get The Information You Need.

<http://www.healthiergeneration.org/parents.aspx>

Source: AMERICAN ALLIANCE FOR HEALTH, PHYSICAL EDUCATION, RECREATION & DANCE

Title: "Role Models, Perceived Sport Encouragement, and Sport Expectancies of United States Adolescent Athletes and Their Parents" by Scott B. Martin, Peggy A. Richardson, Karen H. Weiller, & Allen W. Jackson, University of North Texas, Denton, TX 76203, Women in Sport and Physical Activity Journal, Vol. 13, No. 1, S 2004

Description: "The thought of widespread public acceptance of girls and women as amateur and professional athletes was almost an unattainable dream 30 years ago (President's Council on Physical Fitness and Sports, 1997). Due to the changes in gender equity, parents of today are the first generation of mothers and fathers who can realistically expect that their daughters and sons will have an almost guaranteed

opportunity to participate in sport. Although gender and parents differences did exist, the parents in the present study were found to be generally supportive and encouraging of their children in sport and fitness regardless of gender. Therefore, additional Role Models, Encouragement and Expectancies research is needed to determine if encouragement and expectancy beliefs related to sport success are associated with children's and parents' sport and fitness experiences."

http://www.aahperd.org/Memberweb/m_only_old/wspaj_test/models.pdf

Source: AMERICAN ALLIANCE FOR HEALTH, PHYSICAL EDUCATION, RECREATION & DANCE'S NATIONAL ASSOCIATION FOR SPORT & PHYSICAL EDUCATION

Title: "101 Tips for Family Fitness Fun"

Description: "The National Association for Sport and Physical Education (NASPE) and Walk4Life, Inc. have teamed up to remind parents that children learn by example and have 101 suggestions for getting more physically active with their new brochure, 101 Tips for Family Fitness Fun. If parents enjoy and participate in physical activity, so will their children!"

http://iweb.aahperd.org/bookstore/index.cfm?main=http://iweb.aahperd.org/iweb/Purchase/ProductDetail.aspx?Product_code=304-10328

Source: AMERICAN HEART ASSOCIATION

Title: "How To Help Your Kids" webpage

Description: Provides information for parents on the following topics regarding how to lead a heart-healthy life: "Diseases, Conditions and Treatments," "Top Ten Ways," "How to Make Fast Food Friendlier," "How to Limit Tube Time and Get Your Kids Moving," "Ten Do's for Dealing With a Picky Eater," "How to Get Non-Athletes to be Physically Active," and "Take Control of Portion Sizes."

<http://www.americanheart.org/presenter.ihtml?identifier=3033987>

Source: ARIZONA STATE UNIVERSITY (ASU)

Title: PLAY! (Parents Leading Active Youth)

Description: "The National Institute of Diabetes, Digestive and Kidney Diseases, a unit of the National Institutes of Health, has awarded a two-year grant to ASU's College of Nursing & Healthcare Innovation to study a new primary care intervention program for the treatment of overweight preschool children." "PLAY! (Parents Leading Active Youth) is the name of the intervention to be used in the study. Its ultimate goal is to reduce the risk for negative physical and mental health outcomes in 4- to 7-year-old children who are overweight or obese, or at risk for later-life obesity and its adverse co-morbidities, such as Type II diabetes and cardiovascular disease. PLAY! includes a strong mental health and positive parenting component, in addition to emphasizing healthy weight and weight control by educational information, such as healthy nutrition and activity, motivational support and behavioral skills training."

<http://asunews.asu.edu/node/473>

Source: BRIGHT FUTURES AT GEORGETOWN UNIVERSITY

Title: "Bright Futures Nutrition Family Fact Sheets"

Description: Provide tips for parents on nutrition and physical activity: “Bright Futures Nutrition Family Fact Sheets (2002) are a series of fact sheets for families that highlight content from the publication Bright Futures in Practice: Nutrition. These illustrated fact sheets provide information in a question and answer format.”

<http://www.brightfutures.org/nutritionfamfact/index.html>

Source: CENTERS FOR DISEASE CONTROL AND PREVENTION

Title: “Parent Brochure: Healthy kids. Healthy families.”

Description: Describes how to enjoy physical activity together as a family.

<http://www.cdc.gov/HealthyYouth/physicalactivity/brochures/pdf/parent.pdf>

Source: CENTERS FOR DISEASE CONTROL AND PREVENTION

Title: “Physical Activity for Everyone: Are there special recommendations for young people?”

Description: Tips for parents: “As a parent, you have an important role in shaping your children’s physical activity attitudes and behaviors. Here are some tips to encourage your children to be more physically active.”

<http://www.cdc.gov/nccdphp/dnpa/physical/everyone/recommendations/children.htm>

Source: CENTERS FOR DISEASE CONTROL AND PREVENTION

Title: “Tips for Parents - Ideas and Tips to Help Prevent Childhood Overweight”

Description: “You’ve probably read about it in newspapers and seen it on the news: in the United States, the number of overweight children and teens has continued to rise over the past two decades.⁴⁶ You may wonder: Why are doctors and scientists troubled by this trend? And as parents or other concerned adults, you may also ask: What steps can we take to help prevent overweight in our children? This page provides answers to some of the questions you may have and provides you with resources to help you keep your family healthy.”

http://www.cdc.gov/nccdphp/dnpa/obesity/childhood/tips_for_parents.htm

Source: DEPARTMENT OF HEALTH AND HUMAN SERVICES, DEPARTMENT OF AGRICULTURE, DEPARTMENT OF EDUCATION

Title: “Help Your Child Grow Up Healthy and Strong”

Description: “You play an important role in helping your child, and the entire family, learn about healthy eating and regular physical activity. Parents have the power to set examples. Make healthy eating and daily physical activity fun, to help children learn good habits to last a lifetime. This brochure provides some tips on how you can promote healthy eating habits and encourage active lifestyles in your family.”

<http://www.ed.gov/parents/academic/health/growhealthy/growhealthy.pdf>

Source: FOOD AND NUTRITION SERVICE, UNITED STATES DEPARTMENT OF AGRICULTURE

Title: “Nibbles For Health: Nutrition Newsletters For Parents Of Young Children”

Description: Newsletters for parents on nutrition and physical activity: “Nibbles for Health was developed for child care center staff and parents of young children enrolled in child care centers. This kit offers child care center staff guidance on conducting

discussions with parents in three 'sharing sessions' and accompanying posters. Also contained in the kit are 41 reproducible newsletters that staff can provide to parents to address many of the challenges they face."

<http://www.fns.usda.gov/tn/Resources/nibbles.html>

Source: INSTITUTE OF MEDICINE

Title: "Parents Can Play a Role in Preventing Childhood Obesity" fact sheet

Description: "Poor eating and exercise patterns are often established during childhood. Fortunately, a healthy home environment can promote healthy habits and alter unhealthy habits. Parents (defined broadly to include primary caregivers) have a profound influence on children by promoting certain values and attitudes, by rewarding or reinforcing specific behaviors, and by serving as role models. Parents are the policy makers for the home. They make daily decisions on recreational opportunities, food available at home, and children's allowances; they determine the setting for foods eaten in the home; and they implement countless other rules and policies that influence how much various members of the family engage in healthful eating and physical activity. While this is good news, economic and time constraints, as well as the stresses and demands of daily living, often make healthful eating and increased physical activity challenging on a daily basis for many families."

<http://www.iom.edu/Object.File/Master/22/617/0.pdf>

Source: KIDSHEALTH FOR PARENTS BY THE NEMOURS FOUNDATION

Title: "Nutrition and Fitness" Webpage

Description: "You know the importance of good nutrition and exercise, but how do you feed a picky eater or encourage a child who hates sports to play outside? Learn how to keep your child healthy with the right foods and exercise. Click on any link below to view the article." This webpage contains links to articles for parents on Fitness & Exercise, Nutrition & Weight, and Nutrition & Fitness Q&As.

http://kidshealth.org/parent/nutrition_fit/index.html

Source: NATIONAL BUSINESS GROUP ON HEALTH

Title: "Healthy Weight: Resources for Parents"

Description: Provides a list of resources for parents on healthy eating and physical activity

<http://www.wbgh.org/pdfs/caobesitytoolkit/parentsfs7.pdf>

Source: NATIONAL CENTER ON PHYSICAL ACTIVITY AND DISABILITY

Title: "Disability/Condition: Children with Disabilities and Obesity"

Description: "It is very important to encourage children to exercise. Parents should become a positive role model by regularly exercising on our own and with your child. Parents can increase physical activity and reduce sedentary time by limiting the number of hours the child can watch television. Parents can promote physical education in school if it is not already offered. It is also very important to make exercise fun and enjoyable to encourage a lifelong love of activity. To get your children involved in community activities, check out your local park district which may offer classes or camps for children with disabilities."

http://www.ncpad.org/disability/fact_sheet.php?sheet=488&view=all&PHPSESSID=8d7b9

Source: NATIONAL CENTER ON PHYSICAL ACTIVITY AND DISABILITY
Title: “Parental Roles in Facilitating and Supporting an Active Lifestyle for a Child with a Disability”
Description: “As parents search for ways to help create an active lifestyle for their child with a physical disability, it is imperative to keep in mind that parental attitudes relative to a child’s involvement in sport, as well as their overall potential, are key to the child’s success.”
http://www.ncpad.org/lifetime/fact_sheet.php?sheet=450&view=all&print=yes&PHPSESSID=8486dede175d9ffcf4717ce420c5859e

Source: NATIONAL CENTER ON PHYSICAL ACTIVITY AND DISABILITY
Title: “Videos: Physical Activity, Leisure and Recreation for Youth with Disabilities: A Primer for Parents”
Description: “This video-enabled factsheet stresses the importance and value of physical activity for young people with disabilities. Strategies are provided for parents to identify physical activity, recreation, and leisure opportunities for their children. The purpose of this guide is to encourage parents to take on an active role in the lives of their children and encourage and support their involvement in physical activity and recreation.”
http://www.ncpad.org/videos/fact_sheet.php?sheet=103

Source: NATIONAL HEART, LUNG, AND BLOOD INSTITUTE
Title: “We Can! (Ways to Enhance Children Activity and Nutrition) Materials - Families Finding the Balance: A Parent Handbook – English”
Description: “Learn practical tips to help your family find the right balance of eating well and being physically active to maintain a healthy weight. This useful easy to read handbook explains the concept of Go, Slow and Whoa foods, proper portion size, and how to make screen time active time. Community planners or health care professionals may wish to order copies to share with parents at community events, or with patients. The handbook also provides resources for further information on real-life strategies for managing a healthy weight in today’s world.”
http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan_mats/parent_hb_en.htm

Source: OFFICE ON WOMEN’S HEALTH, U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Title: “Body Image And Your Kids: Your Body Image Plays A Role In Theirs”
Description: “Children pick up on comments about dieting concepts that may seem harmless, such as limiting high-fat foods or eating less. Yet, as girls enter their teen years, having ideas about dieting can lead to problems. Many things can spark weight concerns for girls and impact their eating habits in potentially unhealthy ways.” “Parents are role models and should try to follow the healthy eating and physical activity patterns that you would like your children to follow — for your health and theirs. Extreme weight

concerns and eating disorders, as well as obesity, are hard to treat. Yet, you can play an important role in preventing these problems for your children.”

<http://www.4woman.gov/bodyimage/kids/>

Source: OFFICE ON WOMEN’S HEALTH, U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

Title: “Bodyworks: A Toolkit for Healthy Girls and Strong Women”

Description: “BodyWorks is a program designed to help parents and caregivers of young adolescent girls (ages 9 to 13) improve family eating and activity habits. Using the BodyWorks Toolkit, the program focuses on parents as role models and provides them with hands-on tools to make small, specific behavior changes to prevent obesity and help maintain a healthy weight. The BodyWorks program uses a train-the-trainer model to distribute the Toolkit through community-based organizations, state health agencies, non-profit organizations, health clinics, hospitals and health care systems. The program includes one six-hour training module for trainers and ten 90-minute weekly sessions for parents and caregivers.”

<http://www.womenshealth.gov/bodyworks/>

Source: THE PARENT TEACHER ASSOCIATION

Title: “PTA Healthy Lifestyles: A Parent’s Guide”

Description: “Like any parent, you want your children to be healthy, and you want your children to grow into healthy, happy adults. But how can you be sure you are doing the right things to cultivate lifelong healthy habits in your children? And do you really have the time to sort through all the information out there on health, nutrition, physical activity, etc.? Probably not. That’s why PTA, with the support of PTA Proud National Sponsor GlaxoSmithKline, has put together this booklet of up-to-date, reliable information on healthy lifestyles. The booklet focuses on key aspects of healthy lifestyles and tells you what you need to know, what you can do, and where you can go for additional information. Hopefully, these pages will help you establish healthy habits in your family—habits that will stay with you and your children long into the future.”

http://www.pta.org/documents/GSK_Parent's_Guide_Booklet_disclaimer_added.pdf

Source: SPARK

Title: “Family Fun Activities for Children Ages 3-5”

Description: “The following activities are intended to increase children's moderate to vigorous physical activity (MVPA) throughout their day. This section includes games as well as lifestyle activities.” <http://www.sparkpe.org/parentsFamily.jsp>

Source: SPARK

Title: “Soliciting Parental Assistance to Promote Physical Activity in Children”

Description: A short piece on the importance of involving parents in promoting their children’s physical activity: “As physical educators, we are aware of the importance of good communication with the parents of our students. Soliciting parental support of our programs is an appropriate practice, and it may be one of the keys to our survival.”

<http://www.sparkpe.org/parentsFamily.jsp>

Source: SPARK

Title: "13 Ways Parents Can Help Children Be More Physically Active"

Description: A list of 13 tips for parents on how to help their children be more physically active: ""13 Ways Parents Can Help Children Be More Physically Active," has been written to be photocopied and distributed to the parents of your students. It provides specific, effective strategies to encourage movement outside of physical education classes. Most of these strategies cost nothing, however, many require some personal commitment from parents. We need to convince parents that their children's health and well-being are worth the time and effort."

<http://www.sparkpe.org/parentsFamily.jsp>

Source: WEIGHT CONTROL INFORMATION NETWORK /NATIONAL INSTITUTE OF DIABETES AND DIGESTIVE AND KIDNEY DISEASES

Title: "Helping Your Child: Tips for Parents brochure"

Description: "Eating well and being physically active are key to your child's well-being. Eating too much and exercising too little can lead to overweight and related health problems that can follow children into their adult years. You can take an active role in helping your child—and your whole family—learn healthy eating and physical activity habits."

<http://win.niddk.nih.gov/publications/child.htm>

Source: WEIGHT CONTROL INFORMATION NETWORK /NATIONAL INSTITUTE OF DIABETES AND DIGESTIVE AND KIDNEY DISEASES

Title: "Helping Your Overweight Child brochure"

Description: "Healthy eating and physical activity habits are key to your child's well-being. Eating too much and exercising too little may lead to overweight and related health problems that may follow children into their adult years. You can take an active role to help your child—and your whole family—learn healthy eating and physical activity habits that last a lifetime."

http://win.niddk.nih.gov/publications/over_child.htm

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