

Activity: Talking to Families about Healthy Weight

Talking to families about a healthy weight can be challenging. This activity is intended to facilitate a group discussion on ways childcare providers to talk to families about a healthy weight. Each participant is given a copy of the activity sheet. Each participant completes part 1 and 2, individually. Then, part 3 is completed individually or in small groups. Part 4 is completed as a large group discussion.

1. Review the handout, "Talking to Families about Healthy Weight"
2. In the column on the left side of the paper (below), write down the barriers you find or have with talking to families about healthy weight under "barrier."
3. Individually, or in groups of 2 or 3 discuss solutions to each barrier and write them into the column on the right side of the paper under "solutions."
4. Have a whole group discussion on any topic identified below.

BARRIERS

SOLUTIONS

BARRIERS	SOLUTIONS