

Ways to Promote Family Engagement in Children's Wellness

Review the *Setting Good Examples* handout and reflect on ways you could use the tips to set good examples in your program. Answer the following questions to help you get started.

1. For program families who want to learn more about healthy eating habits, how might you go about sharing the information in the handout in a respectful and family-centered way?
2. Are there any tips that you would like to explore more or reinforce in your life? Which one(s)?
3. Which tips do you think are the hardest to implement? Why?