

## Video link for Getting Started 8:25 minutes

[HealthyHomeStyles.com/LifestyleCert/LifeStyleCert-Video-01](http://HealthyHomeStyles.com/LifestyleCert/LifeStyleCert-Video-01)

Questions? Contact HomeStyles Project Team  
at  
[HManager@aesop.rutgers.edu](mailto:HManager@aesop.rutgers.edu)

There are 13 videos in this series.  
Check them off as you go!

- ☐ Getting Started
- ☐ Growth of Preschoolers
- ☐ Why a Healthy Weight Matters
- ☐ Fuss Free Meals
- ☐ Cooking with Kids
- ☐ Family Meals Make A Difference
- ☐ Fabulous Fruits & Vegetables
- ☐ Right Size it
- ☐ Breakfast–The Right Start
- ☐ Best Drinks for Families
- ☐ Time to Play
- ☐ Taming Technology
- ☐ Good Night, Sleep Right

## Getting Started **HOMESTYLES**



*HomeStyles*

**RUTGERS**  
UNIVERSITY

**THE UNIVERSITY  
OF ARIZONA**

  
**Prevent Child Abuse**  
New Jersey

## Getting Started

- Program goals and development
- Tips to get the most out of this program



## HomeStyles

- Parents of preschoolers



## HomeStyles

- Parents of preschoolers
- Shape home environment and lifestyle to
  - support optimal child health & growth
  - reduce chances of overweight



## Avoidable Health Problems

- Quick Solutions
- Easy Solutions
- Low-cost Solutions
- Everyday Solutions



Monday  
Tuesday  
Wednesday  
Thursday  
Friday  
Saturday  
Sunday

## HomeStyles

- Developed carefully
- Built on evidence-based research
- Involved Parents, Experts, and Researchers



## HomeStyles Experts

- Nutrition
- Social Work
- Sleep
- Child Development
- Pediatrics
- Parent: Child Feeding
- Cultural Competence
- Motivational Interviewing
- Exercise/Fitness
- Adult Learning
- Parenting
- Family Life
- Psychology
- Public Relations
- Graphic Arts
- **And more!!!**

## Videos

- Videos cover 12 healthy lifestyle topics



## Videos

- Growth of Preschoolers
- Why a Healthy Weight Matters
- Cooking with Kids
- Family Meals Make A Difference



## Videos

- Fuss Free Feeding
- Fabulous Fruits & Vegetables
- Breakfast–The Right Start
- Best Drinks for Families



## Videos

- Right Size It
- Time to Play
- Taming Technology
- Good Night, Sleep Right



## Get the Most!

- Set aside 20 minutes
- Select a video
- Print outline
- Watch video
- Complete Knowledge Check
- Set a date to watch the next video



[www.HealthyHomeStyles.com](http://www.HealthyHomeStyles.com)

No cost, on-line program  
for parents of preschoolers



## What Parents Are Saying...



## What Parents Are Saying...



*"I like it because  
it gives me fun ideas."*

*"It's guilt free."*

*"It helps me be a role model  
for my daughter."*

## What Parents Are Saying...

*"It gives you a variety of  
examples to choose from."*



## What Parents Are Saying...



*"I like the 'remember' part  
which says to love your  
family."*



## What Parents Are Saying...



*"As soon as you start reading the parent guides, you're going to want to finish them."*

*"It helped me set a new goal... turn off the TV while eating."*

*"I love it!"*



## Knowledge Check

- What is the mission of HomeStyles?



## Knowledge Check

- What types of experts created HomeStyles?



## Knowledge Check

- What steps can you take to get the most out of the HomeStyles Healthy Lifestyles for Preschool Families training program?



## Knowledge Check

- What will this Healthy Lifestyles for Preschool Families Training Program help you do?



## Quick Knowledge Check

Visit this website to complete a short Knowledge Check!

[www.TinyURL.com/HomeStylesSurveyStart](http://www.TinyURL.com/HomeStylesSurveyStart)

It will get you on the way to completing your  
**HomeStyles**  
**Healthy Lifestyles for Preschool Families**  
**Certificate!**

## Acknowledgements

*This presentation was developed by health and child development experts at Rutgers University, University of Arizona, and Prevent Child Abuse New Jersey, and supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture, Agreement #2011-68001-30170.*

*Script written by: Gayle Alleman, MS, RD; Jennifer Martin-Biggers, MS, RD, and Carol Byrd-Bredbenner, PhD, RD, FAND*

*Narrated by: Gayle Alleman, MS, RD*

