

Touching Hearts Touching Minds Handout #18

Grow happy kids (Child nutrition)

Counseling Tool

What is the key message?

- Parental actions have a great impact on their child's life.
- Small, everyday actions can have a big return in terms of a child's health and happiness.

Who should receive this message?

- Any parent.

How can this message be used?

Open:

- If you were to offer advice to a new mother, what things would you tell her are important for "growing" a healthy child?
- What advice was offered to you when you became a mother?

Idea for a group:

- Once upon a time, there were three men breaking stones. A passerby asked:

"What are you doing?"

"Breaking this darn rock," replied the first man.

"Making a living," replied the second.

"Building a beautiful home," beamed the third.

The man continued down the road where he saw three parents preparing food for their children.

He asked: "What are you doing?"

"Making food for my children to eat," replied the first mother.

"Making food so my child will be full," replied the second.

"Growing a happy, healthy child," beamed the third.

- What is the difference between the three parents? (Attitude)
- Which parent is likely to take the time to eat as a family, offer veggies with each meal and make sure their children drink water or milk instead of soda?



Dig:

- What things can you do to “grow a happy, healthy child?”
- (Offer handout and ask them to read the “Top 10 ways to grow happy kids.”)
- What do you feel is the most important of the ten listed ways to grow a healthy, happy child? What’s missing from this list?
- How can parents grow happy kids by doing these small things everyday?
- What are the challenges that prevent parents and children from eating healthy foods every day? How have you solved those challenges?

Connect:

- How do children benefit when parents offer healthy foods consistently?
- How do you feel when you offer healthy foods to your child?
- How do you feel when your child happily eats the healthy foods you’ve prepared?
- How do you think healthy eating is related to a child’s happiness?

Act:

- What will you do this week to help your child grow happy?

