



Tips for Parenting Healthy Children



At Alameda Alliance for Health we are here to help you and your family stay healthy and strong. As a parent, you can guide your children to practice habits and make choices that are healthy. Here are some tips that can help your family build positive relationships and grow up healthy.

1. Take care of yourself

Self-care is a key first step. When you are too tired or stressed, it can be hard to be your best self for your children. Learn ways to manage your stress when faced with the challenges of being a parent. Take breaks and share your feelings with your partner or friends. Seek professional help if you feel you have lost control.

2. Be a good role model

Children learn habits by watching you. This is true for all kinds of actions, like how you respond when you are upset or the manner in which you treat other people. You can also model what being healthy looks like. You can show your children how you stay active and the choices you make like not smoking.

3. Spend time together

Make time for your family to connect each day by talking, playing, or doing things together. You can join activities that your child enjoys and also plan time to cook a meal or take a walk as a family.

4. Actively listen

When you are talking with your child, make sure to listen. When you actively listen, you give your full attention and ask questions or repeat what they said to make sure you understand. Try to see things from your child's point of view, even if you do not agree with it.

5. Talk about health

Teach your child about staying healthy. Enjoy being active and eating well every day. As your child gets older, talk about risky habits like drinking alcohol and smoking. Give your older child or teen support to make healthy choices on their own.

6. Build structure and routines

It is helpful to create structure so that kids know what they should do and have a routine. What do you expect for meals, bedtime, and chores? For example, a routine of eating breakfast or having family dinner will make that a norm to follow.

7. Make clear rules and use consequences

Discipline teaches self-control and helps keep your child safe. Talk to your child about what you expect from them in words that make sense given their age. You can make rules like, "You can watch TV for an hour on weekdays".

The consequences of breaking the rule should relate to the behavior. For example, for the rule "You can only ride your bike on the sidewalk," a consequence that helps your child learn would be to retire the bike to the garage for the day.

Sometimes, the natural consequences of what your child chooses to do can help them learn. For example, if your child stays up late and does not get ready for school on time, their teacher may make them stay after.



8. Give positive feedback

When you catch your child doing something good, describe what they did and praise it: “Good job waiting for me to cross the street together.” For older children and teens, celebrate their efforts.

9. Know your own feelings and needs

You may need time to calm down to be able to respond. Take a few slow, deep breaths. Or you might just need a break. Be aware of how you are feeling and what you need to take care of yourself.

10. Seek help when needed

Ask your family and friends for support. You can talk to your child’s doctor about concerns you may have. You may find you need a parenting expert or therapist to help. You can also contact one of the local resources for parents below.



PARENTING RESOURCES

Family Paths Parenting Stress Helpline

Toll-Free: **1.800.829.3777** (interpreter offered)

familypaths.org (English, Spanish)

Call the Parenting Stress Helpline anytime you have questions or need support or resources about parenting. You can also schedule calls with a caring Parent Support Counselor for ongoing support if needed. Please call or visit the website for information about parenting classes.

Help Me Grow

Toll-Free: **1.888.510.1211** (interpreter offered)

alamedakids.org (English, Spanish, Chinese)

Call with any questions about the growth and development of your children five (5) years of age or younger. Learn about local programs and resources. You can also visit the website to learn more and find fun things to do with your children.

Do you need more support?

Please call Alliance Health Programs

Monday – Friday, 8 am – 5 pm

Phone Number: **1.510.747.4577**

Toll-Free: **1.855.891.9169**

People with hearing and speaking impairments

(CRS/TTY): **711/1.800.735.2929**

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