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## Today's Showcase

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- Welcome and Introductions
- Present Nourishing Healthy Eaters Resources
- Share Better Together Family Cafés Resources
- Review how materials can be accessed and used
- Questions/Discussion



## Background of NHE

Nemours Children's Health received funding from Plum Organic's Social Mission Program (2019-2022) to develop Nourishing Healthy Eaters

Goals:

- Advance nutrition training opportunities for early care and education professionals.
- Support state partners to engage Training and TA networks
- Create resources for trainers and ECE providers
- Enhance family engagement opportunities focused on healthy eating



## Nourishing Healthy Eaters- 3 workshops

Introductory Workshop	Nourishing Infants & Toddlers	Nourishing Preschoolers
<p>1. Describe wellness and adult nutrition</p> <p>2. Recognize the importance of healthy eating for young children</p>	<p>1. Discuss the developmental stages of becoming a healthy eater and common challenges</p> <p>2. Identify the role of ECE providers in nurturing health eaters</p> <p>3. Recognize Family Engagement Opportunities around nutrition</p> <p>4. Identify a nutrition best practice to incorporate in your daily routines with children</p>	

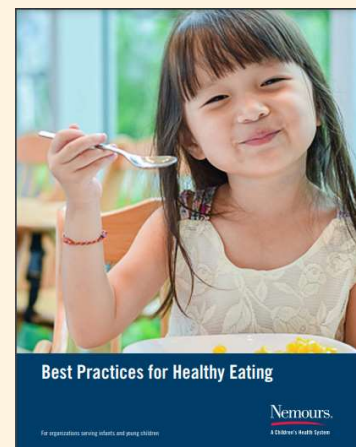
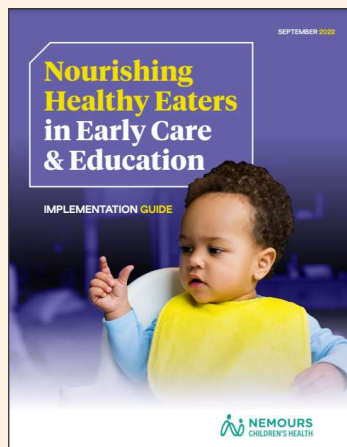
## NHE Materials

Presentations with suggested speaker notes and handouts

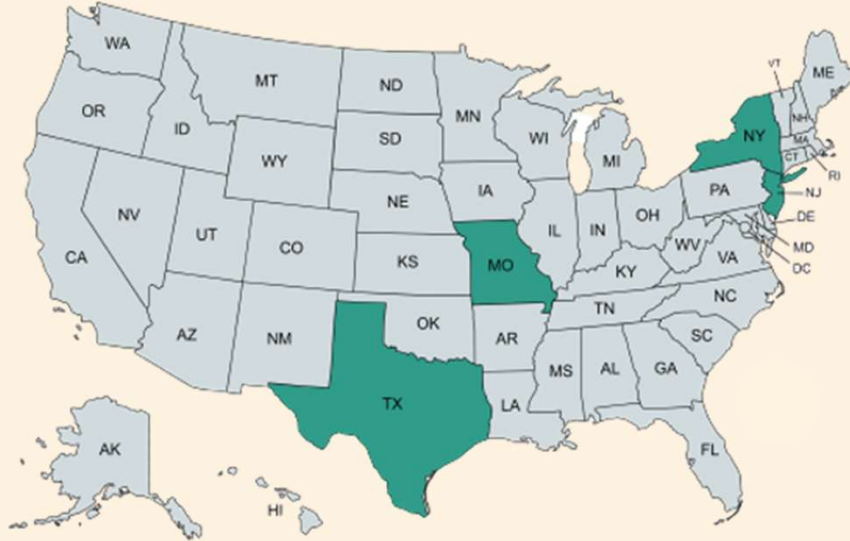
Implementation Guide

Best Practices for Healthy Eating

**Materials available in English and Spanish**



## NHE States



## How to Access NHE Materials

**NOURISHING HEALTHY EATERS (NHE) TRAINING RESOURCES**

Use the NHE resources to support healthy eating practices in early care and education.

**NHE Curriculum** +

**Administrative Resources** +

**Download NHE Resources**

Please submit your email and state:

Name \*

First Name

Last Name

Your email \*

Your State \*

-- Select one --

Agency \*

I agree to receive emails with additional information and updates about Nourishing Healthy Eaters (NHE).

**SUBMIT**

Please note: All videos are hosted on video sharing sites (such as Vimeo or YouTube) which are not associated with HkHF. HkHF and partners are not responsible for content other than the HkHF videos hosted on these video sharing websites. The materials on this page are to be used solely for NHE through Nemours © 2022. The Nemours Foundation.

English -

[Nourishing Healthy Eaters Intro Session - English](#)

[Nourishing Healthy Eaters Intro Session Handout - English](#)

[Nourishing Infants and Toddlers - English](#)

[Nourishing Infants and Toddlers Handout - English](#)

[Nourishing Preschoolers - English](#)

[Nourishing Preschoolers Handout - English](#)

[Implementation Guide - English](#)

Spanish +

<https://healthykidshealthyfuture.org/trainers/nhe-resources/>



# NHE Modules

**Quorum**<sup>®</sup>  
by TeachingStrategies<sup>®</sup>

## Introductory Session

**NOURISHING HEALTHY EATERS**  
is an interactive course for ECE professionals to explore the role of nutrition in early childhood development.

[START NOW](#)



## Nourishing Preschoolers

**NOURISHING PRESCHOOLERS**  
is an online course for early care and education (ECE) professionals.

[START NOW](#)

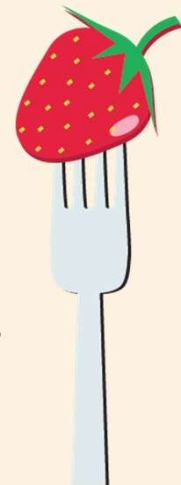


# NHE Conversation Kit

Materials to support ECE professionals in conversation on three challenges providers and families face

- Picky Eaters
- Healthy Snacks
- Healthy Celebrations

Videos, Discussion Prompts, Handouts and extension ideas to keep conversation going



## Picky Eaters



## Use of NHE and Considerations

### Suggested Uses

- Integrate NHE into Training and Technical Assistance (T/TA) agencies such as CCR&Rs, Infant/Toddler networks and QRIS.
- Target NHE sessions at ECE programs requesting nutrition trainings (CACFP and non CACFP programs)
- Connect NHE training to nutrition recognition programs
- Raise awareness of online modules to directors and administrator
- Promote training and family conversations resource with Child Care Health/Nurse Consultation networks

### Considerations

- Are NHE sessions approved in the state PD registry for clock hour/PD credit?
- What supports to T/TA agencies need to learn about NHE sessions?
- What ongoing support and currency training on nutrition do trainers need?
- How could the conversation kit resource align with family engagement efforts in your state?



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**Better Together  
 Family Cafés**



## Background 2021-2022

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- Partnerships
- Development
- Pilot

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# What is a Family Café?

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## Family Café Overview

|                                           |                                      |                                   |                                   |                                                |
|-------------------------------------------|--------------------------------------|-----------------------------------|-----------------------------------|------------------------------------------------|
| Building HOPE and Resilience Together<br> | Active Families, Active Children<br> | Cooking Up Healthy Lifestyles<br> | Creating Memories at Mealtime<br> | Managing Screen Time in a Technology World<br> |
|-------------------------------------------|--------------------------------------|-----------------------------------|-----------------------------------|------------------------------------------------|

- Purpose
- Topics
- Framework
- Structure

| Anticipated Time | Agenda Item                                             | Activity Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
|------------------|---------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 8 minutes        | Introduction and Welcome                                | <ul style="list-style-type: none"> <li>• A brief introduction of the facilitator of the Café and welcoming of the participants</li> <li>• Icebreaker question - This allows the participants to get to know a little about each other and the topic in a fun way. (Example: <i>What is something you enjoy doing as a family?</i>)</li> <li>• Review objectives</li> </ul>                                                                                                                                                                                                                                                                                                                                                                  |
| 10 minutes       | Overview of Building Blocks of HOPE                     | <ul style="list-style-type: none"> <li>• Relationships</li> <li>• Environment</li> <li>• Engagement</li> <li>• Emotional Growth</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| 30 minutes       | Introduction of Content - Overview of Family Café topic | Partner Activity - This gives participants a chance to interact with each other in a safe, comfortable way in smaller groups (three or four participants) before discussing the Café topic in conversation questions                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| 2 minutes        | Conversation Guidelines                                 | Create an emotionally safe space for the participants by: <ul style="list-style-type: none"> <li>• Encouraging active listening</li> <li>• Promoting a judgment-free environment</li> <li>• Respecting confidentiality</li> <li>• Welcoming all responses</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| 30 minutes       | Family Café Questions                                   | <ul style="list-style-type: none"> <li>• Three guided conversation questions or prompts</li> <li>• Eight to ten minutes for each question or prompt</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| 5-8 minutes      | Reflection/ Harvest                                     | <ul style="list-style-type: none"> <li>• This is an opportunity for participants to share out what they heard during the Café that stood out to them, ideas they want to try, or validation/support in what they are already doing</li> <li>• Participant Activity:                             <ul style="list-style-type: none"> <li>• For in-person, write reminder memos. (Facilitator will mail letters participants write to themselves two weeks after the Café.)</li> <li>• For virtual, write a personal letter using <a href="http://www.FutureMe.org">www.FutureMe.org</a>. (FutureMe is a website that allows individuals to write a letter to themselves that will be emailed to them at a later date.)</li> </ul> </li> </ul> |
| 2 minutes        | Closing                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |



## Integration of HOPE Building Blocks



## Family Café Outcomes

**Participating ECE Programs:** 33

**Number of Sessions Offered:** 52

**Participants were:**

Family members: 50%

Staff: 34%

Staff with children at program: 16%

**Cafés participants joined:**

Virtually: 95%

In-person: 5%

**Evaluations Completed:** 353

**Participants Strongly Agreed:**

Enjoyed the Café: 86%

Information was useful: 89%

Facilitator was knowledgeable: 96%

Gained new ideas to try: 82%

**Average Net Promoter Score: 82**

Participants rated the opportunities to connect with others as most useful!

## Cooking Up Healthy Lifestyles Café Data

|                                                                                                                                                                                   |           |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|
| # of Programs Enrolled                                                                                                                                                            | 26        |
| # of Participants                                                                                                                                                                 | 72        |
| •Family                                                                                                                                                                           | 40        |
| •Staff                                                                                                                                                                            | 22        |
| •Staff with children at the program                                                                                                                                               | 10        |
| <b>Participant Evaluations of Cafés -<br/>% Providing a "Strongly Agree" Rating on a 5-point scale</b>                                                                            |           |
| •I enjoyed the café                                                                                                                                                               | 90%       |
| •The information was useful                                                                                                                                                       | 90%       |
| •I gained new ideas about the subject                                                                                                                                             | 99%       |
| <b>Net Promoter Score - "How likely are you to recommend this café to a friend or colleague?<br/>(Score equals percentage of those rating "9 or 10" minus those rating "0-6")</b> |           |
| <b>Net Promoter Score</b>                                                                                                                                                         | <b>87</b> |

## Participant Feedback



## Participant Feedback

I enjoyed the concept of breaking out into individual chat rooms, it really helped with connecting with parents.

It just really reinforced to me that I need to be more aware of spending too much time on my phone or distracted and try to refocus on spending that time with my kids while they are still young.

That doing activities with your family that gets you all active is more than just being physically active but it is also creating memories with them.

A concept that really stood out to me was an idea of an activity to do with our children is to have them in the kitchen. They learn measurements, skill building, and best of all, family time!

The conversations with other moms were so nice and uplifting! I need to be more purposeful about using physical activity toward my child's development.

## Better Together Family Cafés Resources

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# Family Cafés Toolkit



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**ADDITIONAL INFORMATION**

- [Better Together Family Cafés Background](#)
- [Better Together Family Cafés Project Outcomes](#)

# Planning and Implementation Checklists

| Family Café Implementation Checklist |                                                                                                                                                                                |
|--------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                      | Ensure all materials are prepared in advance for set-up to be quick and easy.                                                                                                  |
|                                      | Revise PowerPoints as needed to make more relevant to participants.                                                                                                            |
|                                      | Confirm participation with families. Share the details of the Family Café (e.g., time, place and parking for in-person, time and link for virtual).                            |
|                                      | Implement Family Café.                                                                                                                                                         |
|                                      | Provide incentives.                                                                                                                                                            |
|                                      | Follow-up with participants after the Family Café to share resources or other materials. (For in-person, mail reminder memos to participants two weeks after the Family Café.) |
|                                      | Complete final evaluation.                                                                                                                                                     |
|                                      | Report findings to stakeholders and funders.                                                                                                                                   |

# PowerPoints with Notes



**Better Together  
Family Cafe:  
Creating Memories  
at Mealtime**



## The Four Building Blocks of HOPE

(Dodge and Browne). Responding to Kids with HOPE: Health Outcomes from Positive Experiences. *Journal of Pediatric Psychology* 2017; 17:579-585.

**RELATIONSHIPS**

**ENVIRONMENT**

**ENGAGEMENT**

**EMOTIONAL GROWTH**

**HOPE**

Relationships with other children and with other adults through interpersonal activities.

Safe, equitable, stable environments for living, playing, learning at home, and in school.

Social and civic engagement to develop a sense of belonging and connectedness.

Emotional growth through playing and interacting with peers for self-awareness and self-regulation.

Just as ACEs (Adverse Childhood Experiences) are organized into categories or domains, we see that PCEs (positive childhood experiences) can be organized into the Four Building Blocks. HOPE (Healthy Outcomes from Positive Experiences) centers around key Positive Childhood Experiences (PCEs) that buffer against the negative lifelong health effects caused by Adverse Childhood Experiences. These Building Blocks are essential for healthy development - even in the absence of ACEs. Research shows that positive experiences promote children's long-term health and well-being. They allow children to form strong relationships and meaningful connections, cultivate positive self-image and self-worth, provide a sense of belonging, and build skills to cope with stress in healthy ways.

Now we will look deeper into each of the Four Building Blocks: Relationships, Environment, Engagement, and Emotional Growth.

**Background Information:**  
Information about HOPE & the Mission - [Screening HOPE\\_FINAL\\_2.2.2021.pdf](#) ([positiveexperiences.org](#))

# Handouts

**HOPE Family Cafe: Cooking up Healthy Lifestyles Links & Resources**

**USDA MyPlate:**

- Tips on preparing healthy meals for families.
- Eating Healthy on a Budget tips
- Information to guide healthy eating through various life stages (pregnancy, infants, toddlers, etc.)
- Recipes & more

**Kids Eat in Color:**

- Ideas & recipes to help make feeding picky eaters easier, less stressful and more affordable for all families
- Has a website with a blog, as well as an Instagram page!

**Solid Starts:**

- Composed of parents, feeding therapists, swallowing specialists, pediatricians, allergists, nutritionist, lactation consultant, and pediatric dietitians
- Mobile app called "Solid Starts" which is a first foods database. Input in a food to see how to properly serve it to children, recipes for that food, and possible allergen info
- Tips on feeding kids, mealtime practices, and reversing picky eating habits
- Has a website with a blog, as well as an Instagram page

**Cooking Matters:**

- Quick, budget-friendly ideas to help make healthy choices for your family
- Resources including budget hacks, time savers, parenting shortcuts, kids in the kitchen, & more

**Eat Right:**

- Tips & recipes for children of all ages

**Super Healthy Kids:**

- Nutritious recipes for breakfast, lunch, dinner and snacks involved in the kitchen

**CLICK OR SCAN THE QR CODES!**

**CREATING MEMORIES AT MEALTIME**

*Family Style Dining*

"THE BEAUTY OF A FAMILY MEAL IS THE CONNECTION BETWEEN HEALTHY FOOD & LOVE."

**10 WAYS TO CREATE MEANINGFUL CONNECTIONS:**

TIPS FROM: [PAGINGFUNJUMS.COM](#)

- Work together to make the meal
- Make dinner time fun
- Keep the table technology free
- Plan ahead
- Play a "Finish the Story Game"
- Have a "Conversation Jar"
- Have dinner at the same time with the same routine
- Play a "Manners Game"
- Play a "Mystery Food Game"
- Role model positive behaviors

**CONVERSATION STARTERS**

**BONDING AT MEALTIME**

SCAN OR CLICK THE QR CODE FOR TABLE TOPICS & CONVERSATION STARTERS

SCAN OR CLICK THE QR CODE FOR A GUIDE TO BONDING AT MEALTIME

**MANAGING SCREEN TIME IN A TECHNOLOGY WORLD**

**Why limit media use?**

- Not enough sleep** - Overstimulation by screens cause children to miss out on the sleep they need to grow.
- Delays in learning & social skills** - Children who watch too much screen time can show delays in attention, thinking, language, and social skills.
- Obesity** - Heavy media use during preschool years is linked to weight gain and risk of childhood obesity.
- Behavior problems** - Violent content on screens can contribute to behavior problems in children, either because they are scared and confused by what they see, or they try to mimic on-screen characters.

**Parents: Put Your Phone Down**

**The Benefits of Boredom**

**10 No-Cost Screen-Free Activities**

**Beyond Screen Time: Healthy Media Use Habits**

Scan or click the QR codes for more information regarding healthy screen time practices!



# How to Access the Materials

## Family Cafés Toolkit

### Family Cafés: Materials and Resources

The Better Together Family Cafés materials and resources can be found at [www.healthykidshealthyfuture.org](http://www.healthykidshealthyfuture.org). You can also download materials for each Family Café at the links below:

- 
    - **Building HOPE and Resilience Together**
      - [PowerPoint with Notes](#)
      - [Handouts](#)
      - [Four Building Blocks of HOPE](#)
      - [Building HOPE in the Face of Adversity](#)
      - [Ten Ways to Promote Positive Childhood Experiences](#)
  - 
    - **Active Play: Active Families, Active Children: How Everyone Benefits from Movement**
      - [PowerPoint with Notes](#)
      - [Handouts](#)
      - [Four Building Blocks of HOPE](#)
      - [Physical Activity Calendar](#)
      - [Ten Tips to be an Active Family](#)
  - 
    - **Child Nutrition: Cooking Up Healthy Lifestyles**
      - [PowerPoint with Notes](#)
      - [Handouts](#)
      - [Four Building Blocks of HOPE](#)
      - [Child Nutrition Resource Links](#)
  - 
    - **Family Style Dining: Creating Memories at Mealtime**
      - [PowerPoint with Notes](#)
      - [Handouts](#)
      - [Four Building Blocks of HOPE](#)
      - [Family Style Dining Tips](#)
  - 
    - **Screen Time: Managing Screen Time in a Technology World**
      - [PowerPoint with Notes](#)
      - [Handouts](#)
      - [Four Building Blocks of HOPE](#)
      - [Managing Screen Time in a Technology World](#)
      - [Resources](#)
      - [AAP Media Plan \(healthychildren.org\)](#)
- Additional Resources**
- [Evaluation Surveys](#)
    - [Building HOPE and Resiliency Together](#)
    - [Active Families, Active Children](#)
    - [Cooking Up Healthy Lifestyles](#)
    - [Creating Memories at Mealtime](#)
    - [Managing Screen Time in a Technology World](#)

# How to Access the Materials

## BETTER TOGETHER FAMILY CAFÉ MATERIALS

Users can use and adapt these materials to plan and implement their own Family Café's with ECE programs, families, and primary caregivers of young children.

Questions? Contact [bettertogether@nemours.org](mailto:bettertogether@nemours.org)

### BETTER TOGETHER

BETTER TOGETHER LEARNING COLLABORATIVES

BETTER TOGETHER FAMILY CAFÉS

## BETTER TOGETHER FAMILY CAFÉS

Among the Better Together objectives was the development and pilot of an innovation project to support families that are low-income and to improve the well-being of the ECE workforce. Nemours Children's and partners decided to enhance the Better Together model to promote positive experience-based approaches and practices in ECE settings by developing tools to strengthen the ECE program and family relationship. As a result, Nemours Children's and Curricula Concepts implemented Family Cafés in Arkansas as part of Better Together from 2021 – 2022.

- [Family Cafés](#) +
- [HOPE Building Blocks](#) +
- [Family Café Videos](#) +

Download the Better Together Family Café Materials

THANK YOU FOR YOUR INTEREST IN FAMILY CAFÉ MATERIALS!

[MATERIALS](#)

To learn more about the outcomes of Better Together Family Cafés implemented in Arkansas from 2021-2022, view [this infographic](#).

- [Administrative Resources](#) +
- [HOPE Building Blocks](#) +
- [Building Hope and Resilience Together](#) +
- [Active Play: Active Families, Active Children: How Everyone Benefits from Movement](#) +
- [Child Nutrition: Cooking Up Healthy Lifestyles](#) +
- [Family Style Dining: Creating Memories at Mealtime](#) +
- [Screen Time: Managing Screen Time in a Technology World](#) +

## Use of the Family Cafés & Considerations

### Suggested Uses

- Integrate into Training and Technical Assistance (T/TA) for ECE programs.
- Use to support ECE programs in their efforts to engage families.
- Partner with community partners, such as libraries, family resource centers, and Head Start programs, to offer Cafés to families.
- Modify the materials to reach a variety of audiences.

### Considerations

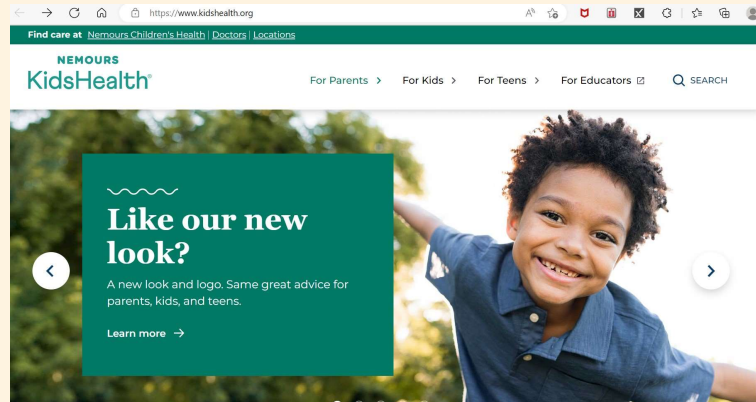
- What existing community partnerships do you have to support recruitment and implementation?
- Will you deliver the sessions in-person or virtually?
- What resources and time may be needed to train TA providers/coaches on Family Cafés?
- How will you promote use of the Family Cafés?

# QUESTIONS?



## KidsHealth Rebrand

- Nemours KidsHealth was founded at Nemours Children's Health in 1995.
- Since then, **KidsHealth.org** has been a big part of Nemours' efforts to create a healthier future for all kids.
- KidsHealth is now the #1 most-trusted source for physician-reviewed information on children's health.
- Our new look and colors are part of Nemours' new brand and vision.



# THANK YOU!

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