10 STEPS TO A HEALTHIER YOU!

FREE Parent/Caregiver Workshop

FOR:
Parents/caregivers
Santa Clara County Residents
Online through Zoom

WHEN:
Morning or afternoon
schedules available

CLASS: 10 Steps to a Healthier You!
Strategies to create a healthier home environment.
How to help children practice healthy habits such as
regular teeth brushing

CLASS: Structure and Routines
Establishing structure in the home specifically
related to mealtime and bedtime routines
How to work together with children to establish and
maintain a routine

CLASS: 5 Keys to Raising Healthy
Happy Eaters
Ways to help children become more comfortable with
eating vegetables
How to make meals healthier and happier for the whole
family

Call or email us at
10steps@hkidsf.org

Complete all 3
classes and
receive a $25
Target Gift Card

REGISTER!
Call us for more
information or to get
help registering
1-855-344-6347

www.healthierkidsfoundation.org

June 2022
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For participants who complete the first three classes

CLASS: Boosting Healthy Habits
Providing parents/caregivers tools and strategies to succeed in implementing healthy habits
How to read nutrition labels and practice making a variety of healthy meals

CLASS: Learning Steps
Practice establishing routines and implementing learning through play.
How to build reading and language skills as well as mathematics during daily family activities.

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$10 dollar gift card after each class completion
*class 4 and class 5

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YOU!

Parent/Caregiver Workshop

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10 Steps classes connecting through Zoom

Classes are done live through Zoom which is a platform that can be accessed through smartphones, tablets, and computers. Those without strong internet connection can simply call into the class to listen.

Parents will receive a confirmation email as soon as they sign up with the Zoom meeting information as well as a Zoom guide in the language of the class.

Signed up participants will receive reminder text messages with 10 Steps’ phone number and class date and start time details. The day of, participants will receive a text message with a link to a survey collecting demographic information. The survey will require the code given in class.

**During Workshops**

- 10 Steps program staff are available to help address technical difficulties.
- Participants are asked to identify themselves and notified that attendance will be taken at the end of the class.
- Participants can ask questions to the class facilitator by typing on the chat or speaking out loud by unmuting themselves.
- Participants who try to join the class 30 minutes after class start time will not be allowed into the class and will be invited to join a different class.

**After Workshops**

- Participants can stay to ask the facilitator questions.
- 1 hour after completing the demographic information survey, participants will receive a text message with a required post-survey for quality assurance purposes including participant satisfaction.
- At the end of the 3 class series, participants will receive a $25 target gift card by email if the following was completed for all 3 classes; entered the class, stated they were there verbally or through the chat, said or typed “here” at the end of the class when their name was called, and completed the survey.