



Healthier Kids
Foundation

10 Steps to a Healthier You!



Contact Us

10steps@hkidsf.org
www.hkidsf.org

Free! Parent/Caregiver Workshop

For:

- Parents/Caregivers
- Santa Clara County Residents

Time:

- Morning or afternoon
- Online through Zoom

Completion:

- Complete all 3 classes and receive a **\$25 Gift Card**

CLASS: 10 Steps to a Healthier You!

1

- Strategies to create a healthier home environment.
- How to help children practice healthy habits such as regular teeth brushing.

CLASS: Structure and Routines

2

- Establishing structures 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 a Healthy Happy Eater

3

- Ways to help children become more comfortable eating vegetables.
- How to make meals healthier and happier for the whole family.

REGISTER:

408-600-3818

Call to learn more or get
help registering





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 a 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 class date and start time, and Zoom link details. The day of, participants will receive a text message with a link to a survey. The survey will require a code, this is given during the class.

DURING Workshop

- 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 the class start time will not be allowed into the class and will be invited to join a different class.

AFTER Workshop

- Participants can stay to ask the facilitator questions.
- 1 hour after completing the attendance 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 gift card by email.*
- *If the following was completed for all 3 classes; entered the class, verbally answered during roll call or through the chat, completed the post class survey, and have not completed the workshop in the last 6 months.