



# Healthy Parenting Program

**Health and Human Performance's 4-week Healthy Parenting Program is designed to provide parents with the tools to develop healthy & active children. The program focuses on how parents can achieve a happy household environment that everyone enjoys. The program is designed for families with children under 15 years of age.**



Improving the health of individual children or changing the bad habits of several children is much more successful if a family approach is taken. Developing sound healthy principles regarding nutrition, activity and discipline is essential for all parents bringing up children. Parents are children's first and most important role models. A family approach, starting with the parents (rather than targeting individual children) is the most effective way to change behaviors and habits over the long term.

The program is designed to challenge parents to really look at how they are parenting and what impact this will have on the future lives of their children.

The program draws on concepts from the TV show *Honey, We're Killing the Kids*. The program was designed by the team at Health and Human Performance, including the show's presenter Dr Louise Schofield.

The weekly meetings and group discussions are an important part of the program where parents are encouraged to share information and be part of a supportive group.

Parents are given individual tasks for home and are encouraged to bring results to the next session for discussion.

Phone **09 488 0078**  
**[www.healthyparenting.co.nz](http://www.healthyparenting.co.nz)**



# How the Healthy Parenting Program works

The program is divided into four phases:

## 1 Assessment – Family Warrant of Fitness

This is the first phase of the program where your family's lifestyle habits are assessed with a focus on the children. Each child undergoes a basic health check. The family's nutritional habits, physical activity levels, lifestyle habits (e.g., computer use and TV watching), household routines and relationships are assessed. Any areas of concern are identified and this is used to develop the tasks assigned to your family over the coming weeks.

## 2 Intervention at your House!

Each week for 3 weeks your family will be assigned 3 Tasks to be implemented. For each task you are given you will receive full support from our team of health experts, the other parents in your group and via the weekly take home manual. Changing the behaviour of yourself and your family can be hard work especially if you feel that you are all alone. The Healthy Parenting Program is a unique opportunity for you to whip your family into the shape you have always strived for whilst relying on evidenced-based information from a team of experts there to back you up every step of the way.

## 3 Weekly Support Meetings and Workshops

Get all the information, advice and support you need from leading family health experts. Topics will be tailored to the specific needs of parents within your group, however common themes will include

- Parental behavior and positive parenting techniques
- Nutrition
- Getting active

## 4 Maintenance

We recognize that family life can be chaotic and that there are many pressures and stressors that you will face now and in the future. Learn how to cope with the hiccups, twists and turns of family life and still maintain the basic principles of healthy parenting. Real success is measured via sustained behavioral change. This program ensures your family makes the changes it needs to in the first place but more importantly it gives you the resources and skills to maintain your new improved lifestyle.

## So when can you start?

**Call us now 09 488 0078**

**To register for the next Healthy Parenting Program please contact Paula at [paula@hhperformance.co.nz](mailto:paula@hhperformance.co.nz) or phone us on 09 488 0078.**

The cost is \$750.00 per family (1 or 2 parents) and is presented by the experts from *Honey, We're Killing the Kids* for the 4 week course, including child health expert Dr Louise Schofield. Each family will receive a Healthy Parenting Program resource kit including health information, weekly menu plans and recipes, water bottle, family pedometer challenge, and much more.

Discounts apply for groups of 6 or more couples/or single parents who book together and provide their own venue for the weekly meetings. Payment in full by Credit Card (Visa or Mastercard) is required at the time of booking. No refund available if cancellation is within 2 weeks of first meeting.