Building Blocks for Health

These four building blocks are important factors in growing up healthy. Share what's working & your provider will brainstorm with you for solutions to anything that not working.

Engagement:

What is one thing you like to do as a family outside the home? Where do you feel most connected to others?

Environment:

Describe a place you love to go or play. Where is your safe space?

Relationships:

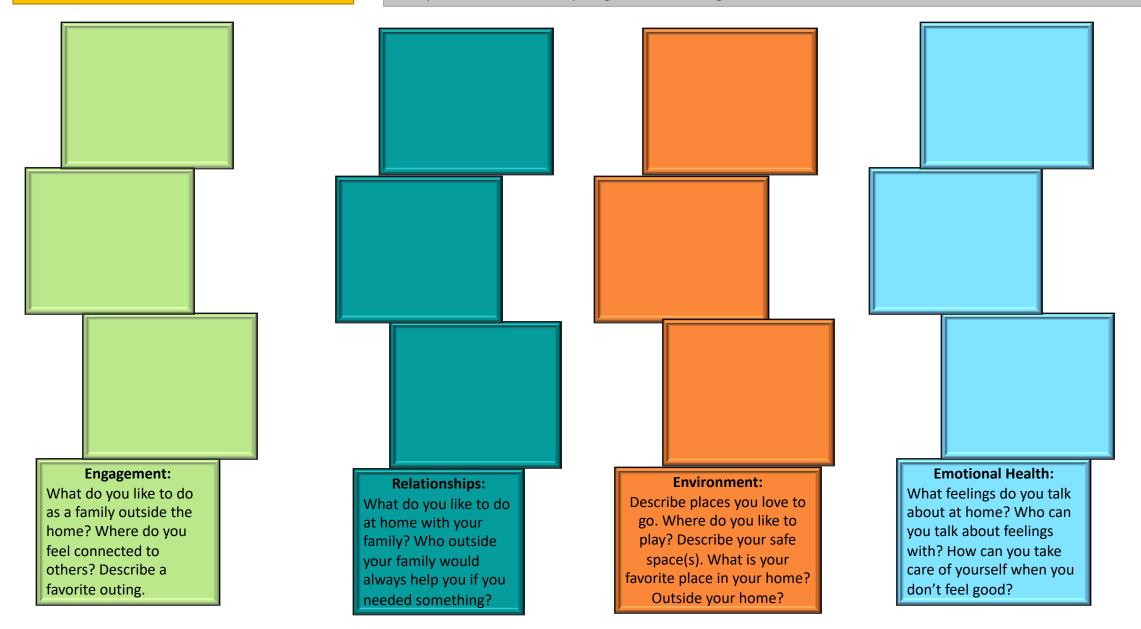
What do you like to do at home with your family? Who is someone outside your family that really cares about you?

Emotional Health:

What feelings do you talk about at home? Who can you talk about feelings with? How can you take care of yourself when you have big feelings?

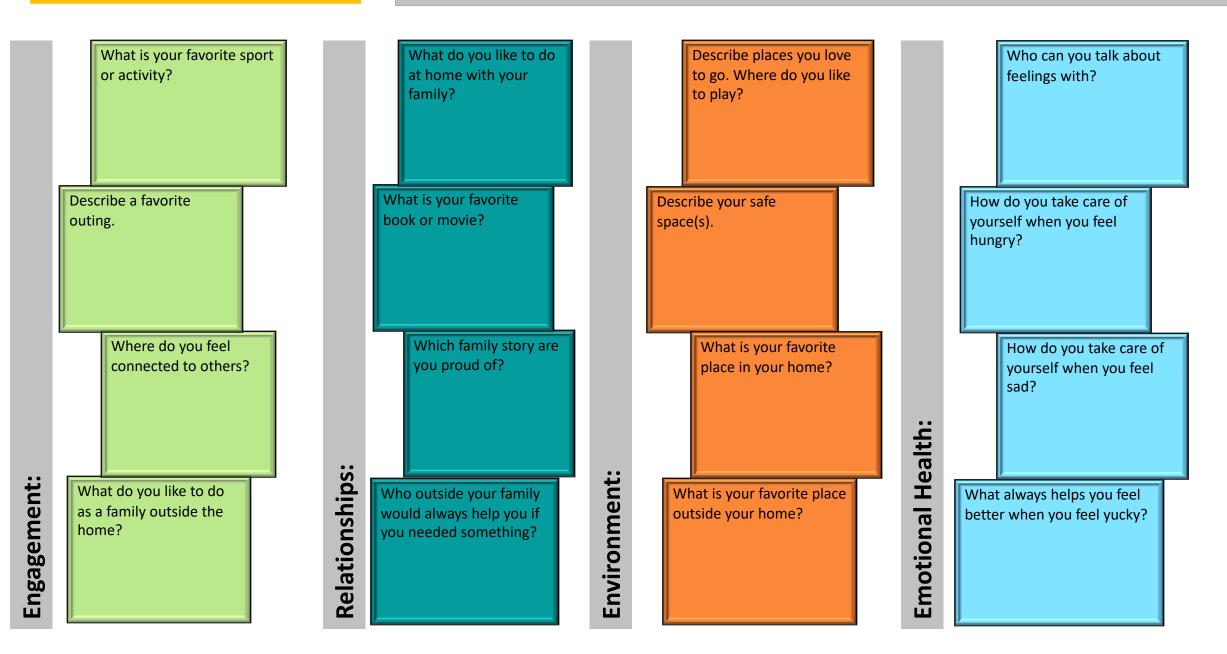
Build a Tower of Blocks!

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Healthy Building Blocks

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Strengths Based Building Block Conversations

Engagement:

- Suggest afterschool programs
- Explore summer camps, community programs
- Identify local YMCA can they connect? Scholarships? Transportation Barriers?
- Parenting resources positive parenting resources, community groups
- Youth programs, outreach, school, community groups
- Offer list of local churches or spiritual centers, resources
- Identify parent support groups online or in person

Relationships:

- How are things at home? What is hard for parents?
- Are parents able to play with kids, Read?
- What is parent proud of?
- How high is the stress level at home?
- Are there specific things or times of day that are hardest?
- Name the non-parent adults that can help; identify barriers to asking them for help
- Identify community resources that can reduce barriers/decrease isolation
- Provide list of community groups and supports
- Give Reach out and Read books/library resources

Environment:

- Provide list of local housing resources
- Provide list of food pantries
- Provide list of transportation options
- Review Gun safety
- Review Medication safety
- Brainstorm about safe play areas
- Brainstorm about options for trips, outings
- Offer list of community resources for outdoor activities
- Trail/Park Maps and resources (i.e. state park passes or maps)

Emotional Health:

- Ask parents if they feel like they know how to help their child when they are angry, frustrated, worried or scared
- Ask parents how they take care of themselves when they are stressed, sad, angry or frustrated
- Make a "Family Feelings Chart" & encourage them to ask "how do I know I am feeling this way" & "how can I take care of myself while this feeling is here?"
- Teach at least one breathing exercise (glitter jar, box breathing or 5 big deep breaths)
- Teach one strategy for anger (playing "angry" ball with nerf ball, Daniel Tiger, outside to run around)
- Teach one mindfulness strategy: i.e. toes-to-nose or using all 5 senses