

Resources for Parent and PTA's from National PTA website

www.pta.org

- “Encourage Children to Play”
- “Getting Your Child to Eat Right”
- “Health Lifestyles at Home and School”
- Rescuing Recess
- “Type 2 Diabetes and Children; What Parents and PTA's Need to Know”



Rescuing Recess

- PTA and Cartoon Network partner to rescue recess
- Goal is to recognize unstructured break time is an essential element of the school day.
- To connect educators, parents and kids as advocates to bring back or keep recess
- Cartoon Network will award more than \$300K in grants to the top participating PTA units
- A \$50,000 grant will be awarded to the top state with the highest participation.
- www.rescuingrecess.com



PTA Backs Bill to Update School Nutritional Standards



- “Child Nutrition Promotion and School Lunch Protection” bill, an amendment to the National School Lunch Act
- PTA supports to reinforce parents’ efforts to help children lead healthy lifestyles
- Aim of bill to ensure high nutritional standards required for all food and beverages sold on school premises, including vending machines.

How To Engage parents

- Work with PTAs in your schools to plan health programs
- Provide Parent Involvement workshops in the evening to help parents understand the problems of Childhood Obesity
- Write a Healthy Kids section in the school or PTA newsletter
- Encourage parents to ask questions regarding nutrition and healthy lifestyles
- Have family event where parents and children learn how to read nutritional content labels on packaged food products
- Recognize that parents are partners in obtaining and maintaining a healthy lifestyle

Challenges

- Re-education parents regarding how to make healthy choices for their family
- Time
- Cost
- Cultural