

Create Your Family Plan for Health and Well-Being

Taking care of your family is a 24/7-365 day-a-year job. You want them to be safe, healthy and happy. However, a busy lifestyle can threaten good health and well-being.

A Family Wellness Plan helps families choose foods, exercise, activities and regular health check-ups.

How do you start a plan?

Hold a family meeting. Have everyone state a health goal. They could include healthier meals, more exercise, a less stressful schedule of activities, or regular doctor visits. One of you may deal with a health issue. With obesity and type II diabetes on the rise, the plan could include methods to prevent or reverse these problems. Discuss your physical, emotional and spiritual health. List what you decide, and track your success.



- Decide what and how much each family member needs to eat. A teen playing football should not eat the same as a 6-year-old. Shop and cook to meet these needs.
- Cook healthy meals. Choose good nutritional snacks. Limit fast food and junk food.
- Find a daily exercise for each family member. Work up to 60 minutes of exercise a day.

Emotional and Spiritual Health

- Nourish each child's self-esteem. Give daily praise.
- Plan weekly family fun time. Post the activity on your family calendar.
- Spend time daily outdoors. Nature improves our mental health.
- Learn to cope with stress. Teach coping skills to your children. Practice what you teach.
- Think of others as you live your faith.

Safety

- Log onto Internet sites to find and use home safety check-lists.
- Review the weather hazards each season. Make a family safety plan.

Your Family Wellness Plan should include fun choices, menus, routines, and safety rules that fit the ages of your family. Review and update each season.

Physical Health

- Have a doctor(s) to see for well and sick visits. Make a school or sports physical visit if needed. Know what your insurance covers to prevent illness.
- Make regular visits to the dentist and eye doctor.
- Complete a Health History sheet on each member of the family. (Download one from parenthelpline.org.)
- Know health basics. Read books; search the Internet. Use Parent Help Line tip sheets.

*Brought to you by Parent Help Line at HSHS St. John's Children's Hospital
to help keep kids safe, healthy and happy.*



Call the Parent Help Line. Help is just a phone call away.
1-217-544-5808 or 1-888-727-5889, 10 a.m. to 10 p.m., 7 days a week
www.parenthelpline.org



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