

Guidelines for Parents in Raising Healthy Children

Parents are the first teachers of their child and provide the foundation on which the social, emotional, intellectual, and spiritual well being of our future rests. As primary caregivers, parents can help nurture healthy children by taking some of the following actions:

- Provide a loving, healthy, and supportive environment for your child to achieve their fullest potential.
- Visit with other parents in the community to share their joys and frustrations and learn from each other's experiences.
- Utilize teachers, principals, counselors and other school personnel to help children learn right from wrong in a constructive way.
- Participate as a family and encourage your child to become actively involved at school and in the community.
- Set aside time each day or each week for family activities.
- Make arrangements to accompany your child through part of a school day to get an idea of what their life at school is like.
- Volunteer to participate in activities at your child's school.
- Assist your child in homework.
- Participate in school-sponsored programs, such as Parent Action Committee (PAC).