

# Healthy Futures

## coaching for your family



Health coaches can support you and your family to do and be well. You can talk with your coach over the phone at times that are convenient for you.

### **With your coach, you can:**

- Discuss what is going well, and build on your family's strengths.
- Explore living a healthier lifestyle as a family.
- Create hope and self-confidence for your child.
- Build a supportive family environment and routine.

### **Ideas that work:**

- Scheduling regular and reliable sit-down family meals and snacks.
- Having fun and active family time.
- Providing a variety of good-tasting, wholesome foods.
- Trusting your child to decide what and how much to eat.
- Limiting screen time.
- Creating strategies for picky eating.
- Managing "forbidden" foods.

For more information or to talk with a health coach, please call 503-286-6816 or 1-866-301-3866 (toll free), option 2.