



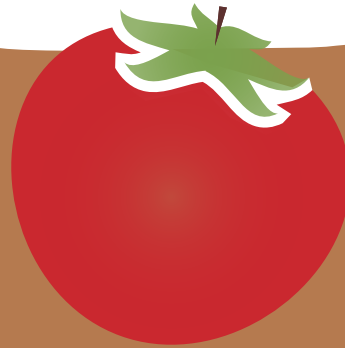
Lesson Plans – **Family** **Session One**



Session 1 — SEEDS Introduction

Note:

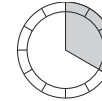
Have the family session before the child and parent individual sessions.



Materials Needed:

- Select a gathering song ahead of time
- 50-foot (or longer) clothesline

Arrival (20 minutes)



Introduction to the Group

- Introduce all facilitators and child care educators

Say:

“Thank you all for coming today. We are so excited to have you all here with us. Each session, the first thing that we are going to do (“when we finish our meal,” if applicable) is sing our gathering song.”

(Designate an area for the family activity and ask families to join in).

Say:

“Can everyone stand up when we start singing the song? Some of you might know it, and some of you may not, but if you know it sing along.”

Say:

“Can you introduce your family to us? How many children do you have? How old are they? Who is here today?”

FACILITATORS Say:

“What is one thing that you like to do as a family?”

Say:

“Children who are not participating in the program should leave and go to the child care room with their child care educators now.”



Circle Up

Family Closing Transition to Child and Parent Sessions

Materials: One length of strong clothesline, large enough for the group to each have a space when the line is knotted to form a circle. A 50-foot line is a good start.

Directions:

Say:

“Each week before we split up into the parent and child groups we are going to do a goodbye circle.”

- Facilitator invites the families to come together in a circle. A strong clothesline with a knot tied securely creates the circle. The facilitator might lay the line down on the floor in a circle shape or hold it and then work with the rest of the facilitation team to spread it throughout the group. The knot can be adjusted at the first meeting so it fits the size of the group. Once everyone is in the circle there is one rule that is essential — all feet need to stay on the ground. This way the children are discouraged from hanging on the rope.

- The facilitator who leads this activity checks visually that everyone is attached to the circle.

Say:

“We’re all going to work together in this class. Let’s practice that right now by pulling the line until it is tight and makes a lovely circle. When we keep our circle like this we are all contributing.”

Say:

“Today the children are going to their own session. They’re going to try a food, read a story about a girl who tries new things, and do some other activities.

Say:

“Let’s say goodbye until the end of the class.”

- Allow the tension on the line to relax. While still holding on, explain briefly what each group can expect. At this point, ask the parents to put the line on the floor at their feet. They step out, go to their class, and the parent facilitator gathers the line and stows it for the following session.

Developed by The SEEDS Research Team, Baylor College of Medicine Children’s Nutrition Research Center and Washington State University Extension.
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