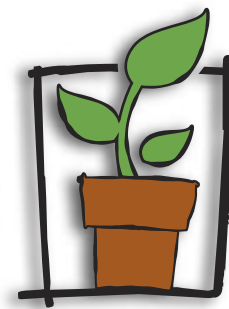


Lesson Plans — **Parent**

Session Seven

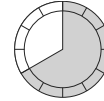
SEEDS Review Session



SEEDS

Session 7 — SEEDS Review Session

40 minutes



Learning Objectives

*Facilitator: These are for your preparation.
Do not read to parents.*

Parents/Caregivers will work to:

- 1) tell about successes and challenges;
- 2) review their feeding styles; and
- 3) participate in graduation!



Materials Needed:

- Attendance sheet
- Flip chart and stand
- Markers
- Parent goals poster
- Video 11: "Let's Review"
- Computer and projector
- Poster/pictures from each weekly topic for Activity 7.1

Welcome

(5 minutes)



Welcome parents and caregivers back to the program.

Post the ground rules, review them briefly, and add any other suggestions to the list.

Check In About Last Session's Lesson

(5 minutes)



Say:

"In our last session we talked about structuring the home environment with routines that promote effective eating and mealtime experiences. Remember that mealtime routines help children learn about the world and help them feel secure. The video we watched also showed us scenarios of different parenting strategies that contribute to healthy as well as unhealthy eating habits for children."

Say:

"At the end of the session, we made plans to **Observe, Talk, or Try** different things at home around mealtimes."



Say:

“Here is a reminder of the examples that we talked about trying at home.”

Read aloud examples from flip chart.

Say:

“What were some of the things that you tried at home?”

Say:

“How did it go?”

Say:

“What did you notice?”

Say:

“How did it work for your family?”

Say:

“Let’s take a few minutes and share what you found out when you did the *Things to Try at Home* activity.”

Say:

“Here is our goals poster for today.”

Display goals poster and read aloud to parents.

Say:

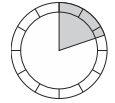
“Today we will work together to:

- review the things we have learned and the strategies that we have discussed each week when you were here.”

Add & Apply

Discussion and Video

(12 minutes)



Say:

“We’ve discussed many different topics. We’re going to watch a short video to review some of the strategies that we’ve learned.”

Start Video (Running Time: 2 min. 34 sec.)

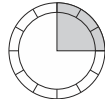
[Video #11: “**Let’s Review**”]

Four examples of mother-child interaction: two examples of trying new foods and two examples of internal cues.

Note to Facilitator: Questions will appear on the screen after each example. Pause the video and ask the questions to facilitate discussion of issues raised in each example. After you’re done discussing the questions, go on to the next example scenario. There are 4 examples total (2 trying new foods examples and 2 internal cues examples).



Anchor Activity 7.1 (15 minutes)



Say:

“Here are some reminders of what we learned each week.”

Show posters/pictures for each week as you read the topic.

Say:

“We’ve talked about: *Trying new things.*”

Say:

“What are some of the things that you have tried at home that focus on trying new things with your family?”

- **Say:**
“How did these strategies work for your family?”
- **Say:**
“Were there any challenges or barriers to doing these?”

Say:

“We’ve also talked about: *Internal cues of hunger and fullness.*”

Say:

“What are some of the things that you have tried at home that focus on helping your child identify how his or her stomach is feeling and identify his or her internal cues?”

- **Say:**
“How did these strategies work for your family?”
- **Say:**
“Were there any challenges or barriers to doing these?”

Say:

“We’ve talked about: *Portion sizes for children.*”

Say:

“What are some of the things that you have tried at home that focus on your child’s portion sizes?”

- **Say:**
“How did these strategies work for your family?”
- **Say:**
“Were there any challenges or barriers to doing these?”

Say:

“We’ve talked about: *Things outside of the home that affect mealtimes.*”

Say:

“What are some of the things that you have tried that focus on what you can do outside of your home to support healthy eating and your child’s eating behavior?”

- **Say:**
“How did these strategies work for your family?”
- **Say:**
“Were there any challenges or barriers to doing these?”



Say:

“We’ve talked about: *Things in the home environment that affect mealtimes.*”

Say:

“What are some of the things that you have tried that focus on what you can do in your home environment to support healthy eating and your child’s eating behavior?”

- **Say:**
“How did these strategies work for your family?”
- **Say:**
“Were there any challenges or barriers to doing these?”

Away

(3 minutes)



Say:

“We’ve learned a lot of things, and you’ve all tried a lot of strategies! There have been many things that have worked well in your home and have made mealtimes easier and have helped your children develop healthy eating behaviors. We’ve also discussed a lot of barriers to these strategies. Mealtimes and healthy eating are not always easy. We hope that you have learned some things to keep trying in your home that will work for your family.”

Say:

“Today we’re going to have a celebration in honor of our last session!”

Dismiss parents to family session for graduation.

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

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