

Empowering Healthy Families

*Fall and Spring Cohorts
Child Educators*

Baptist General Convention of Virginia

Virginia State University Cooperative Extension

Virginia Tech Cooperative Extension

Virginia Tech Center For Public Health Practice and Research



**Virginia Tech
Center for Public Health
Practice and Research**



**Virginia
Cooperative
Extension**
Virginia Tech • Virginia State University





Flow

- **Quick Review of HCHF and Money Smart**
- **Program Set-Up**
- **Roles & Responsibilities**
- **Q&A with Previous Child Educators**
- **Completing Background Check & W9**
- **In-person Educator Training**
- **Tentative Program Schedule**

FDIC



Money
Smart

A vibrant, multi-colored rainbow arches over a green rectangular banner with a decorative floral border. The banner contains the text 'HEALTHY CHILDREN, HEALTHY FAMILIES Parents Making a Difference!' in bold, black, sans-serif font.

**HEALTHY CHILDREN, HEALTHY FAMILIES
Parents Making a Difference!**

What are the two main programs offered?



HEALTHY CHILDREN, HEALTHY FAMILIES
Parents Making a Difference!



Introductory

Webinar



Goal of HCHF



We support families in making changes leading to healthier eating and activity patterns, one step at a time.



Through dialogue and collaborative action, we help families create healthier environments where children live, learn, and play.



What makes up the HCHF Program?

- Three 1-hour data collection sessions (baseline, 6 & 12 month)
- One 1-hour pre-session
- Eight 2-hour sessions
- Each 2-hour session includes:
 - Healthy nutrition or active behavior
 - Paths to Success
 - Keys to Success
 - Active play break
 - Food tasting activity
 - “Take a Healthy Step” goal setting activity



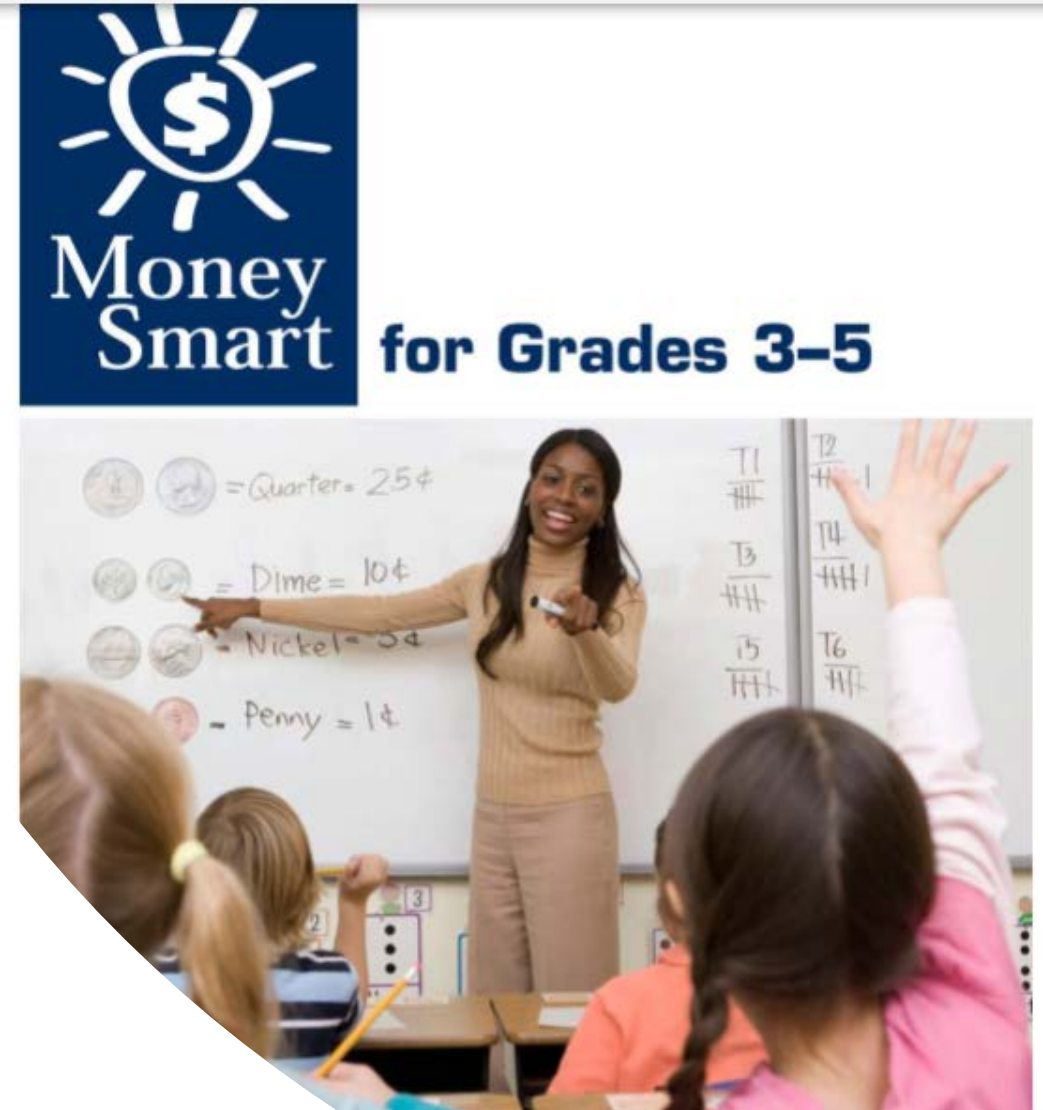
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Overview of Healthy Children, Healthy Families: Parents Making a Difference!

	Session	Path to Success	Key to Success	Active Play	Food Prep/Tasting**
PS.	Pre-Session	Over the Rainbow: Paths to Success	Over the Rainbow: Keys to Success	Fruit and Vegetable Toss	<i>MyPlate Mexican Salad</i>
S1.	Introduction to <i>Healthy Children, Healthy Families*</i>	Overview of recommended nutrition and activity practices	Firm & responsive parenting; Supporting: encouraging children; Overview of parenting skills in curriculum	Big Wind Blows	Get Fresh! Apple Cinnamon Wrap & Rolls
S2.	Think Your Drink	Drinking water or milk instead of sweetened drinks	Guiding: Can do	Group Juggling	Water w/ a Twist, Pineapple Fizz
S3.	Eating More Fruits and Vegetables	Eating more vegetables and fruits	Showing: Teach by example, Supporting: respect feelings	Vegetable Toss	Veggie and Fruit Dips
S4.	Playing actively	Playing actively	Guiding: Divide responsibility for eating, Divide responsibility for active play	Balloon Race	Make-Your-Own Salad
S5.	Making Healthy Choices Easier (Eating Fewer High-Fat, High-Sugar Foods)	Eating fewer high-fat high-sugar foods	Shaping: Find solutions with others	Fast Food Relay	Get Fresh! Broccoli Black Bean (or Spinach) Quesadilla
S6.	Sit Less – Reducing Screen Time	Limiting TV and computer time	Shaping: Create family routines	Balloon Toss	Veggie & Fruit Salads
S7.	Having Sensible Servings & Family Meals	Having smaller servings	Guiding: Decide together	Sun Salutations or Chair Stretches	Mini Pizzas or Taco Salad
S8.	Celebrate!	Review	Shaping: Changing environments outside the home	Macarena Dance	Fruit Parfait


Goal of Money Smart

Designed to promote financial understanding in children and build a foundation to become financially responsible adults.





What makes up the Money Smart Program?

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- Three 1-hour data collection sessions (baseline, 6 & 12 month)
 - Eight 2-hour sessions
 - Each 2-hour session includes:
 - **Warm Up:** introduces students to the topic and sparks inquiry
 - **Guided Exploration:** Learning activities that focus on key financial literacy learning objectives
 - **Wrap Up:** Reflection activities to review lesson concepts and demonstrate understanding

LESSONS AT-A-GLANCE

Lesson Title	Topic	Learning Objectives	Time Required
1 Money Matters	Buying Decisions	<ul style="list-style-type: none">• Explain the difference between needs and wants, and identify examples of each• Compare and prioritize needs and wants• Evaluate different choices when making a purchase• Discuss impulse buying• Discuss and explain opportunity cost	60 min
2 Get Set for Goals	Setting Goals	<ul style="list-style-type: none">• Identify and develop ways to set short-term and long-term goals for saving• Explain the importance of setting goals for saving• Identify things that might affect decisions to spend or save money	60 min
3 Make a Plan	Budgeting	<ul style="list-style-type: none">• Explain the term "budget"• Identify categories of a budget (income, expenses, savings)• Create a budget• Apply budgeting skills to real-world scenarios• Understand the concept of "pay yourself first"	60 min
4 Save Your Money	Saving	<ul style="list-style-type: none">• Explain what banks do and what interest is• Name benefits of saving money in a bank versus at home• Understand risks and why it's important to save for emergencies• Evaluate real-world scenarios that focus on saving for emergencies, unexpected	60 min

LESSONS AT-A-GLANCE (continued)

Lesson Title	Topic	Learning Objectives	Time Required
5 Which Way to Pay?	Payment Options	<ul style="list-style-type: none">• Explain the concept of credit and debit (including checks and money orders)• Compare and contrast various payment methods (cash, credit, and debit)• Apply knowledge of payment options to real-world scenarios• Discuss the consequences of paying back credit past the due date• Discuss identity theft and types of personal information that should not be shared	60 min
6 Get Invested	Introduction to Investing	<ul style="list-style-type: none">• Explore the basic concepts of investing, including risk and return• Compare and contrast several kinds of investments• Analyze the savings outcome of several investment options• Explain the value of long-term financial planning	60 min
7 It's Great to Donate!	Charitable Giving	<ul style="list-style-type: none">• Explain the meaning of charitable giving, and its rewards• Create a plan to raise money for a charitable cause• Research various charitable causes• Organize a charity drive	60 min
8 Career Choices	Exploring Careers and Income	<ul style="list-style-type: none">• Identify and explore different types of jobs• Evaluate personal interests related to careers• Explain how money is earned and why it is taxed	60 min

Program Set-Up

Baseline

- Baseline
 - 2 hours
 - Families with at least 1 adult and child/children in elementary schools
 - Adults and children complete questionnaires
 - Children complete questionnaires in a separate from adults
 - Children church staff assist children with questionnaires
 - Height and weight after completion of questionnaires
 - Project Director provides compensation

Family Participants Research Compensation

- **(Baseline):** assessments for research study (*optional*)
 - Involves a questionnaire, height and weight measurements
 - Can participate in both programs - EHF and MoneySmart.
- Before the program starts: \$10 child / \$20 adult
- 6 months after the program: \$10 child / \$25 adult
- 12 months after the program: \$10 child / \$40 adult
- Total \$30 for children and \$85 for adults
 - \$60 for children and \$170 for adults if participate in both programs



Program Day



- 2 hours
- Families start together in fellowship hall
 - Families are welcomed and brief announcements are made (if needed)
- Adults and children then go to their specific class-rooms
- Families come back together to discuss what they learned
- Dismissal and support tools handed out



Roles & Responsibilities

Roles and Responsibilities: Child Educator

- Child Educator (for ages 6-8)
- Partner with agents (of the Cooperative Extension Family Nutrition Program) to be trained to teach:
 - OrganWise Guys for ages 6 to 8 (<https://organwiseguys.com>)
 - Teach the program for 9 weekly sessions with assistance from university students, EHF staff, and teens
- Enlist older youth to help teach if any of them are trained by 4-H.

Roles and Responsibilities: Child Educator

- Child Educator (for ages 9-11)
- Partner with agents (of the Cooperative Extension Family Nutrition Program) to be trained to teach:
 - Choose Health – Food, Fun and Fitness (CHFFF) for ages 9 - 11
 - Teach the program for 9 weekly sessions with assistance from university students, EHF staff, and teens
- Enlist older youth to help teach if any of them are trained by 4-H.

Roles and Responsibilities: Childcare Provider

- EHF Childcare Provider
- **must have a background check through the BGCVA or Virginia Tech*
- Provide childcare for children younger than 6 who attend the program with their families



Q&A with Previous Educators



Organ Wise Guys & CHEFF

- How did you prepare to teach the lessons?
- What's the hardest part about teaching/preparing for the lesson?
- How did you address children that had a hard time paying attention?
- What are some tips to teaching and having fun?
- Do I have to purchase any materials or supplies?
- How many weeks are the program

Money Smart


- How did you prepare to teach the lessons?
- What's the hardest part about teaching/preparing for the lesson?
- How did you address children that had a hard time paying attention?
- What are some tips to teaching and having fun?
- Do I have to purchase any materials or supplies?



Completing Background Check & W9



W9

- <https://www.irs.gov/pub/irs-pdf/fw9.pdf>
 - Please follow along with your background check handout
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Background Check

- <https://vspapps.vsp.virginia.gov/catspublic/public/publicHome.html>
- Please follow along with your background check handout
- Finger print also needed
 - <http://www.vsp.virginia.gov/Fingerprints-NonCriminal.shtm>
 - \$10 (reimbursed)
 - 2 approved forms of ID needed
 - Local Police Station or Sheriff's Office

Notary, Payment & Nerves

- Background check form must be notarized
 - Official identification: The notary will ask for identification to verify that you really are who you say you are. ...
 - Wait to sign: Be sure to bring an unsigned document to the notary—don't sign it ahead of time.
- Where to notarize document
 - Church notary
 - Notary must include date, signature, stamp/seal, and date became certified notary on document
 - Local bank will usually notarize for free



It's Okay to Be Nervous



- We're here to support
 - Let Church Coordinator or EHF Coordinator (Ms. Tonia) know if you'd like a companion to go with you
 - Ask for assistance completing documents. They are confusing and we got help completing them as well
 - We know life happens, so if you're nervous and would like to chat, let us know. We will keep all conversations confidential and we are happy to help





Technical Support

- Feel free to schedule appoint with Church Coordinator, Monica or Ms. Tonia to help complete forms
- 



In-person Educator Training

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- Length of training?
 - What to bring to the training?
 - Need availability for training prior to Program 1 start day



Tentative Program Schedule

Fall Cohorts

Program Schedule

- **EHF Orientation Presentation:** *July*
- **EHF Baseline Data:** *September*
- **EHF Child Educator Trainings:** *September*
- **EHF Program 1 Start:** *October*
- **EHF Program 1 End:** *December*
- **EHF Program 2 Starts one year after baseline date**

Immediate Next Steps: 90-Day Onboarding Checklist

July

- Complete all on-boarding orientations (Church, Church coordinator, and Child Educators)
- Confirm church team

August

- Host in person Church Orientation Meeting (if needed)

September

- Host baseline assessment
- Host Child educator trainings

October

- **Launch Program!**

Spring Cohorts

Program Schedule

- **EHF Orientation Presentation:** *December*
- **EHF Baseline Data:** *February*
- **EHF Child Educator Trainings:** *February*
- **EHF Program 1 Start:** *March*
- **EHF Program 1 End:** *May*
- **EHF Program 2 Starts one year after baseline date**

Immediate Next Steps: 90-Day Onboarding Checklist

December

- Complete all on-boarding orientations (Church, Church coordinator, and Child Educators)
- Confirm church team

January

- Host in person Church Orientation Meeting (if needed)

February

- Host baseline assessment
- Host Child educator trainings

March

- **Launch Program!**

Questions and Thoughts

