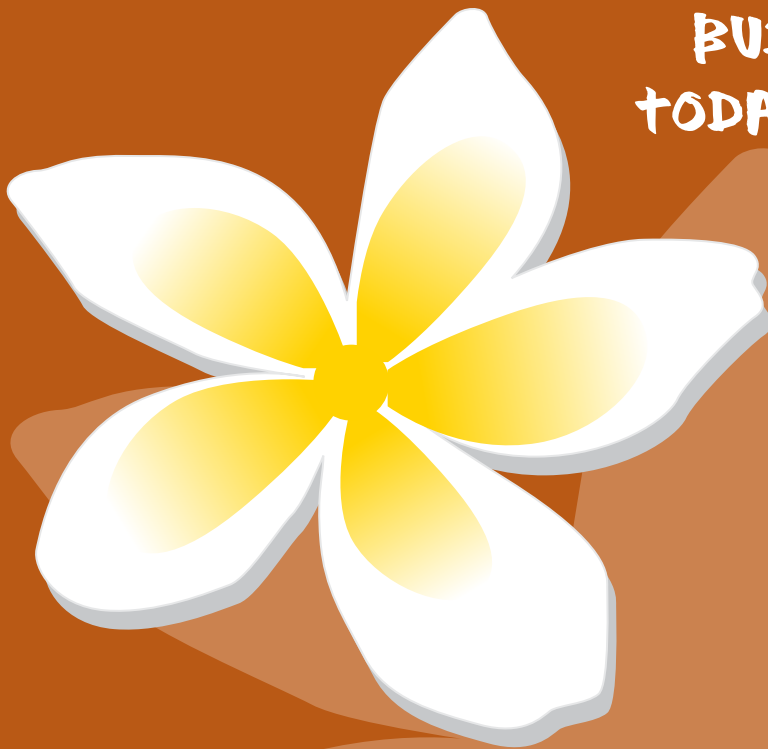


VIBRANT LIVING

BUILDING FAMILIES
TODAY FOR TOMORROW



Healthy Eating Healthy Action
Oranga Kai - Oranga Pumau



Waikato District Health Board



WAIKATO INSTITUTE OF TECHNOLOGY

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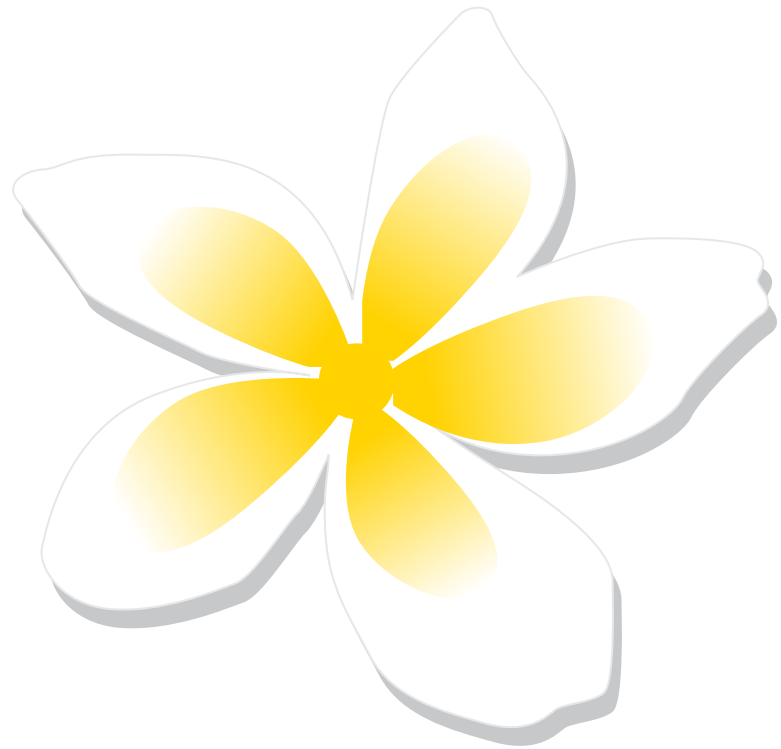


VIBRANT LIVING

BUILDING FAMILIES TODAY FOR TOMORROW

1

Vibrant Living course outline



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COURSE OUTLINE

Session one:

Parenting

- Parenting styles and their long term impact
- How to build awesome relationships with your children
- Making great memories

Shopping on a limited budget

Food safety

Session two:

Parenting

- Understanding children's misguided behavior
- Logical consequences
- How to offer win/win choices
- Eliminating double standards

Practical cooking

Session three:

Parenting

- How birth order shapes personality
- Celebrating each child's unique contribution
- Making kids visible

Physical activity

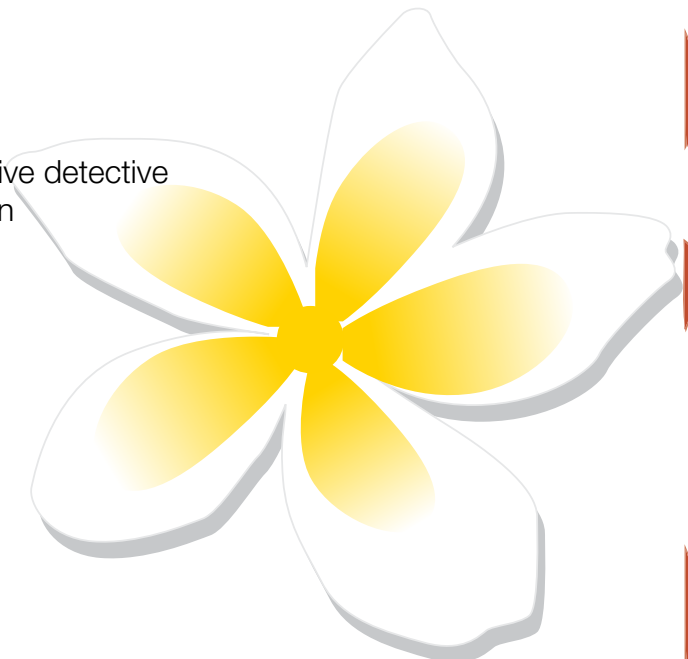
- Getting started and staying motivated

Session four:

Parenting

- How to build life long self esteem
- Teaching kids to listen to their inner voice
- Finding the best in your kids by being a selective detective
- Promoting cooperation rather than competition

Practical cooking





Session five:

Parenting

- How to talk so kids will listen
- Reflective listening
- Tapping into children's natural initiative
- How to be approachable
- Effective ways for parents to communicate their feelings
- Avoiding labels

Family health care

Session six:

Parenting

- Understanding what kids need from their parents
- Creating inspiring family environments
- How to empower your kids to reach their full potential

Practical cooking

Session seven:

Parenting

- Understanding the difference between punishment and discipline
- Effective discipline that leaves kids feeling good about themselves

Physical activity

- Fit families and choose to be strong

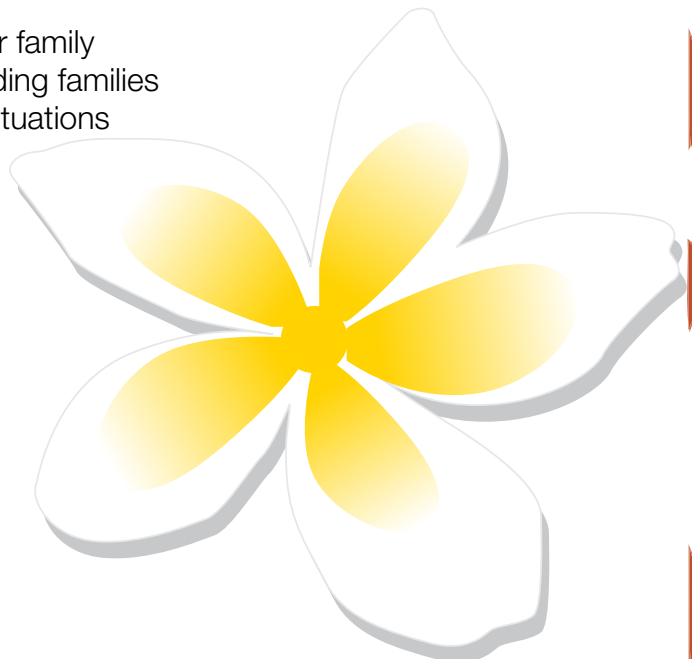
Session eight:

Relationship building

- How to build effective relationships within your family
- A focus on the unique issues involved in blending families
- Using your new parenting skills in every day situations

Catered lunch

- Presentation of certificates



PROGRAMME SAMPLE



Date	First session	Second session	Facilitator	Food Preparers	Morning Tea	Lunch
1	Parenting	Shopping on limited budget/food safety			Muffins, yoghurt, fruit	Pasta/vege bake, fruit
2	Parenting	Practical cooking			Toasties, bread roll ups, fruit	Soup, scones, fruit
3	Parenting	Physical activity			Rice crackers, veg sticks, hummus, dried fruit and nuts	Breads and fillings, fruit
4	Parenting	Practical cooking			Fruit bread, jam, yoghurt, fruit	Fish pie, salad, fruit
5	Parenting	Family care			Bread cases and fillings, fruit	Corn and zucchini fritters, apple and celery salad, fruit
6	Parenting	Practical cooking			Muffins, fruit	Beef stir fry, fried rice, fruit
7	Parenting	Physical activity			English muffin/scone pizza, fruit	Hamburgers, fruit
8	Parenting	Celebration			Yoghurt, fruit	Catered



SAMPLE MEAL PLAN

Week	Date	Facilitator	Morning tea	Lunch
Week 1			Muffins, yoghurt, fruit	Pasta/vege bake, fruit
Week 2			Toasties, bread rollups, fruit	Pract Cooking - Soup. scones, fruit
Week 3			Rice crackers, vege sticks, hummus, dried fruits, nuts,	Breads and fillings, fruit.
Week 4			Fruit bread, jam, yoghurt, fruit	Pract cooking - Fish pie, salad, fruit
Week 5			Bread cases and fillings, fruit	Corn and zucchini fritters, apple and celery salad, fruit
Week 6			Muffins and fruit	Pract cooking - Beef stir fry, fried rice, fruit
Week 7			English muffin/scone pizzas	Hamburgers, fruit
Week 8			Yoghurt, fruit	Celebration lunch – catered

