

Family Name _____ Visitor's Name: _____
 Nombre de la Familia _____ Nombre de la Visitante _____

Home Visit # _____ Date: _____ Time: _____ Next Visit Date: _____ Time _____
 # de Visita _____ Fecha: _____ Hora: _____ Fecha de la Proxima Visita: _____ Hora: _____

Expected Home Visit Outcomes: Resultados esperados de Visita de Hogar :

Parents understand their roles in helping their child and family develop good health habits through physical activity. Parents will come up with their own creative physical activities a develop a physical activity plan utilizing the Activity Pyramid and Creative Activities forms

Child Health And Developmental Services Family and Community Partnerships

Activities Examples: Ejemplos de Actividades:	Materials: Materiales:	Comments: Comentarios:
Discuss reasons as to why children and adults need to be physically active		Let parents give reason, and give additional reason that are not mentioned, such as improves mood, relieves stress, makes you feel great, strengthens bones, helps you keep a healthy weight, increase lean muscle and decrease body fat
Discuss reasons as to why we don't get enough physical activity.		List barriers. Develop solutions to barriers such as walking, running, taking child to park (free activities), check with parks and rec to see if there are any free activities. Not all exercise needs to be done at once. You can walk after lunch and dinner for 15 minutes, clean house, it all adds up. Indoors, you can dance, sweep, vacuum, dust. Any physical activity is better than no activity
How much physical activity do you and your child need each day. Review the <i>Dietary Guidelines for Americans</i> and <i>National Associations for Sport and Physical Education</i> recommendations	Copy of recommendations	
What kind of activities can you and your family do: Outdoors?	<i>Creative Activities Form</i> Use to generate ideas	Walk, run, play tag, hopscotch, roll down a hill, go to park, fly a kite, hula hoop, rake yard, ride bikes, T-ball, kickball, soccer, go swimming, jump rope
Indoors?		Play music and dance, dust the furniture, sweep the floor, vacuum the carpet
Review and explain the <i>Physical Activity Pyramid</i>	<i>Physical Activity Pyramid</i>	
Develop and write a family fitness plan	<i>Creative Activities Form</i> <i>Physical Activity Pyramid</i>	

General Program Information: Información del Programa en general:

Comments about the Home Visit (activities, successes, interests, etc.): Comentas de la Visita en Casa (actividades, sucesos, intereses, etc.):

Parent's Signature: Firma del Padre: _____

