

family FUNdamentals

FACILITATOR'S MANUAL

Fun, Unique, Nurturing Activities for Families with Young Children



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Appendix A: Program Overview Chart

Appendix B: Family FUNdamentals Song Key Messages for Parents

Appendix C: Screen Time

Appendix D: Leap BC Resources

- Leap BC Food Flair Card: Five Senses Mystery Food
- Leap BC HOP Activity Card: "Hot Potato"
- Leap BC: MOVE Activity Card: "Dance With Me"
- LEAP BC Food Flair Activity Card: "Five Senses Pretend Shopping"
- LEAP BC Food Flair Activity Card: Pizza Pizzazz!
- LEAP BC Food Flair Activity Card: "Let's make! Apple Cheddar Quesadillas"
- LEAP BC Food Flair Activity Card: "Let's Make Hummus"
- Leap BC HOP Activity Card: "Cloud Catching"
- Leap BC HOP Activity Card: "Bean Bag Golf"
- Leap BC HOP Activity Card: "Freeze Dance"
- Leap BC HOP Activity Card: "My Friend Beanie"
- Leap BC HOP Activity Card: "Teddy Bear's picnic"

Appendix E: Additional Resources for Facilitators

- Your Child's Feelings
- Parenting with Heart
- Building Active Habits
- Family Routines
- Promoting Positive Behavior
- Cultural Sensitivity and Inclusiveness

Appendix F: Additional Handouts for Parents

- Sharing Food, Creating Fun
- Picky or Choosy Eating
- Helping Your Toddler Eat Well
- Meals and Snack Ideas
- Baby's First Food

Appendix G: Jessie's Legacy

Body Image and Self Esteem
Health and Wellness
Resiliency

Appendix H: Family FUNdamentals Evaluation Forms

Pre-Questionnaire for Participants
Post-Questionnaire for Participants
Facilitators Summary Report
Host Survey
Template to Record Suggestions

About Family Services of the North Shore and Jessie's Legacy

Family Services of the North Shore is one of the seven BC Partners for Mental Health and Addictions Information. Family Services of the North Shore is an accredited, not-for-profit community based agency that offers education, support and counselling services and leads the provincial work in eating disorders prevention, through Jessie's Legacy. Family Services of the North Shore has been caring for the community for over 60 years. Our high-profile, proactive presence throughout the province connects the community through a variety of programs that create an environment for all families and individuals to thrive.

Family Services of the North Shore has expanded the work of Jessie's Hope Society to ensure that the provincial eating disorders prevention work becomes Jessie's Legacy. Jessie Alexander was a young North Shore woman who died of complications from a long-standing eating disorder. Family FUNdamentals is a Jessie's Legacy initiative. See Appendix G for a sample of resources available from Jessie's Legacy relevant to families with young children.

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