



# A Pinch of Prevention for Parents

*A program to empower parents to take action for good family health*

Fall 2009

Dear Community Partner,

Families are running short on time - school, work, after-school activities, household chores – and the list goes on. They are so busy that making time for health and prevention almost seems like a luxury. Unless someone is sick, taking care of one's health *before* an illness happens is often last on the list. The Consortium for Infant and Child Health (CINCH) wants to move health and well-being up on everyone's priority list.

CINCH has developed a new program to help organizations reach out to parents with action oriented health messages for children and families. *A Pinch of Prevention* is a series of modules that each includes:

- a pre-scripted 5-10 minute presentation on a specific health topic - to be presented during a parent meeting
- a newsletter article that can be used as a handout or included into your organization's newsletter
- supporting materials
- resource lists for the presenter and for parents

Each module is simple and easy-to-use. It is designed not only to educate but also to encourage health and safety actions. For example, the **Booster Seat vs. Seat Belt** module educates parents on when children should use booster seats versus using seat belts alone.

Thank you for using *A Pinch of Prevention's* **Booster Seat vs. Seat Belt** module in your organization. Please share your thoughts with us on its ease of use and effectiveness by completing the evaluation form when you have completed your presentation. We want this module to encourage preventative actions for the health and safety of children, families and the community as a whole.

Please contact me at 757.668.6458 or [paulsoac@evms.edu](mailto:paulsoac@evms.edu).

Sincerely,

Amy Paulson  
Director, CINCH