



THE FAMILY CONNECTION

UNIT 3 – FAMILIES

Dear Family Member,

Your child is participating in Healthy Alternatives for Little Ones (HALO), a health education and prevention program. Recent activities focused on:

Knowing their special place in the family
Identifying members of their family

Things you can do at home:

- Enjoy at least one meal a day together. Share the day's events.
- Talk to your child about your family and when you were a child.
- Let them see you have fun in healthy ways.
- Go to the park or outdoor event, together.
- Create a family flag; each member can design a section.
- As a family, make a scrapbook with photos and artwork.

