

Health Habits and Family Goals

Post Test – January 2017

**Please keep this test and certificate in your files for Licensing.
You do not need to send it in to our office or the State.**

Learning Objective: After reading the newsletter, the provider understands ways to help motivate and encourage healthy family habits and goals.

1. We can help children understand the patience and time it takes to change habits by setting positive expectations.
True or False
2. Try to have _____ for the whole family, so they can see the small steps they have made as they work towards change.
3. Healthy habits take time to become a part of a normal routine. If you encourage kids and keep it fun, they are more likely to want to stick with the goal.
True or False
4. Small steps are great, they add up over time.
True or False
5. Give _____ to each other even when goals aren't met.
6. Tracking goals in a _____ way is a great way to keep goals active and very visible.
7. The best way to keep your child engaged is through positive reinforcement. - _____, smiles, encouraging words or praise and _____ are key elements to helping kids maintain their commitment.
8. Be excited and enthusiastic! This will help kids stay involved and motivated.
True or False
9. Use a kid-friendly healthy _____ sheet to track your family and individual goal.
10. Your family may need a lot of stars at first before they completely adopt a new behavior. This is OK as it is part of the _____ of adopting and maintaining healthy habits.



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for completion of 30 minutes of training in

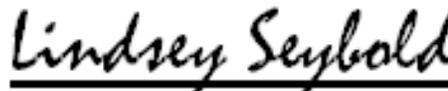
January 2017: Health Habits and Family Goals

A SELF-INSTRUCTIONAL COURSE

(Quiz on reverse side must be completed for certificate to be valid)

This Family Day Care Provider supports the commitment to
Quality Child Care as demonstrated by completion of this course

Given this date _____



Lindsey Seybold
Training Coordinator
Southwest Human Development Services

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