

Building Blocks for Health

These four building blocks are important factors in growing up healthy. Share what's working & your provider will brainstorm with you for solutions to anything that not working.

Engagement:

What is one thing you like to do as a family outside the home?
Where do you feel most connected to others?

Environment:

Describe a place you love to go or play. Where is your safe space?

Relationships:

What do you like to do at home with your family? Who is someone outside your family that really cares about you?

Emotional Health:

What feelings do you talk about at home? Who can you talk about feelings with? How can you take care of yourself when you have big feelings?

Build a Tower of Blocks!

These four building blocks are important factors in growing up healthy. Share what's working & your provider will brainstorm with you for solutions to anything that not working.

Engagement:
What do you like to do as a family outside the home? Where do you feel connected to others? Describe a favorite outing.

Relationships:
What do you like to do at home with your family? Who outside your family would always help you if you needed something?

Environment:
Describe places you love to go. Where do you like to play? Describe your safe space(s). What is your favorite place in your home? Outside your home?

Emotional Health:
What feelings do you talk about at home? Who can you talk about feelings with? How can you take care of yourself when you don't feel good?

Healthy Building Blocks

These four building blocks are important factors in growing up healthy. Share what's working & your provider will brainstorm with you for solutions to anything that not working.

Engagement:

What is your favorite sport or activity?

Describe a favorite outing.

Where do you feel connected to others?

What do you like to do as a family outside the home?

Relationships:

What do you like to do at home with your family?

What is your favorite book or movie?

Which family story are you proud of?

Who outside your family would always help you if you needed something?

Environment:

Describe places you love to go. Where do you like to play?

Describe your safe space(s).

What is your favorite place in your home?

What is your favorite place outside your home?

Emotional Health:

Who can you talk about feelings with?

How do you take care of yourself when you feel hungry?

How do you take care of yourself when you feel sad?

What always helps you feel better when you feel yucky?

Strengths Based Building Block Conversations

Engagement:

- Suggest afterschool programs
- Explore summer camps, community programs
- Identify local YMCA - can they connect? Scholarships? Transportation Barriers?
- Parenting resources – positive parenting resources, community groups
- Youth programs, outreach, school, community groups
- Offer list of local churches or spiritual centers, resources
- Identify parent support groups – online or in person

Environment:

- Provide list of local housing resources
- Provide list of food pantries
- Provide list of transportation options
- Review Gun safety
- Review Medication safety
- Brainstorm about safe play areas
- Brainstorm about options for trips, outings
- Offer list of community resources for outdoor activities
- Trail/Park Maps and resources (i.e. state park passes or maps)

Relationships:

- How are things at home? What is hard for parents?
- Are parents able to play with kids, Read?
- What is parent proud of?
- How high is the stress level at home?
- Are there specific things or times of day that are hardest?
- Name the non-parent adults that can help; identify barriers to asking them for help
- Identify community resources that can reduce barriers/decrease isolation
- Provide list of community groups and supports
- Give Reach out and Read books/library resources

Emotional Health:

- Ask parents if they feel like they know how to help their child when they are angry, frustrated, worried or scared
- Ask parents how they take care of themselves when they are stressed, sad, angry or frustrated
- Make a “Family Feelings Chart” & encourage them to ask “how do I know I am feeling this way” & “how can I take care of myself while this feeling is here?”
- Teach at least one breathing exercise (glitter jar, box breathing or 5 big deep breaths)
- Teach one strategy for anger (playing “angry” ball with nerf ball, Daniel Tiger, outside to run around)
- Teach one mindfulness strategy: i.e. toes-to-nose or using all 5 senses