

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?