

Health and wellness promotion are important for all children. This project will develop resources and strategies to promote health and wellness for children with special health care needs and their families to ensure a *bright future* for all children!



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Family Matters: Using Bright Futures to Promote Health and Wellness for Children with Disabilities

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Family Voices and
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FAMILY VOICES®



Family Matters: Using Bright Futures to Promote Health and Wellness for Children with Disabilities

Family Voices, in partnership with Tufts University School of Medicine, has been funded by the Centers for Disease Control and Prevention (CDC) to conduct a project with two aims:

- 1) to learn what families of children with disabilities know about wellness and whether they value it as a way to promote children's health through day-to-day behaviors, and
- 2) to find effective strategies for helping interested families encourage their children with disabilities to adopt healthier behaviors and lifestyles, using peer mentor contact.

This initiative encourages all Americans to adopt healthier lifestyles to promote health and prevent chronic disease now and in the future.

Bright Futures Guidelines for Health Supervision of Infants, Children, and Adolescents, widely used by professionals throughout the United States, and Healthy People 2010 form the basis for the health and wellness recommendations.

The project's Advisory Committee consists of peer mentor parents as well as pediatric and health department partners. They will assist in planning activities.

The project will carry out its activities by working with active Family Voices Network Members in five states as well as health departments, and community physicians who have demonstrated interest in Bright Futures materials.



The phases of this project are:

- ❖ Hold focus groups moderated by Family Voices peer support parents in five states. This information will be used to plan educational workshops and develop the peer parent support model.
- ❖ Educational workshops will be held in three to five states using information gathered in the focus groups.
- ❖ Interested families will receive peer mentor contact to adopt healthier behaviors and lifestyles in the areas of oral health, healthy eating, television/ computer time, and physical activities.

We want to learn if peer mentor contact will change families' health habits. Will families who received peer mentor contact follow more health habits compared to families who do not receive peer mentor contact?