

What's

Health literacy?

Health literacy is being able to understand the language used to talk about health in order to make appropriate health decisions.

- **Reading** the information
 - **Understanding** what you are told
 - Following **instructions**
 - Making **choices**
- These are important health literacy skills.



Health literacy at home

Learning about health literacy with your family can be fun! Here are some tips to encourage health literacy at home:

- Make use of **daily opportunities** to focus on health literacy (e.g. meal times)
- Make sure your child **understands the reason** why they have to do certain things e.g. why it is important to wash hands after going to the toilet
- Do some **games and activities** with a health literacy theme

Children from 0 to 5



Find a **book** or a **story** that talks about health and looking after ourselves and read it with your children.

What has captured their attention the most?

Children from 6 to 11

Make a **healthy food collage** together by cutting out pictures from magazines and food packaging.

Talk about what makes the foods healthy.



Teens from 11 to 15



Have a go at a **health word search!**

Talk about what the words mean or share interesting facts.

Find more resoruces

- Check our **booklet** for more activities
- Visit our **webpage** <https://healthathome.net/>
- **Feel free to come up with ideas on your own!**

