



Learner Manual for Parents and Guardians

Introduction to the Health@Home Project

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1 Introduction to the Health@Home Project

Aims of this Unit:

1. To introduce the Health@Home programme and its aims
2. To provide an overview of the 4 topics covered by the programme: diet and nutrition, social media, sexual health and mental health
3. To identify any particular concerns within each of the topic areas
4. To explore the concepts of family learning and health literacy

1.1 Overview of the Health@Home Project

The HEALTH@HOME project aims to help transform areas of social and economic disadvantage into sustainable, healthy communities by providing a full range of age appropriate and accessible family education resources to promote health literacy. For this purpose, the project targets health literacy through four thematic areas:

1. Promoting Positive Mental Health
2. Diet and Nutrition
3. Preventative Health Promotion
4. Social Media in the Health Sector

1.2 Objectives of the Health@Home Project

1. To optimise health literacy through innovative family learning approaches
2. To improve the socio-economic situation of people as a healthier population in all stages of life
3. To educate people in health issues
4. To empower people to attain a better life for themselves and society as a whole

1.3 Online Learning Materials for You and Your Family

As part of the Health@Home Project, several online resources have been developed to support learning within your family:

1. **Comics for children:** 'Library of Comic Strips featuring the Superhero Health Squad'
2. **WebQuest Challenges for Teenagers:** 'Compendium of WebQuest Challenges'

In order to gain access to these online materials, please go to <http://healthathome.net/> and register on the online learning platform. You will need to sign up for an account, but this is completely free of charge.

Activity 1: My Questions and Concerns


Use this space to write down any questions/concerns you may have about the topic areas or the comic strips and WebQuests.

TOPICS	Promoting Positive Mental Health	
	Diet and Nutrition	
	Preventative Health Promotion	
	Social Media in the Health Sector	
LEARNING MATERIALS	WebQuests	
	Comic strips	

Parent Tip Sheet: Family Learning and Health Literacy

We must understand the meaning of family learning and health literacy and why it is important in our everyday lives. Through understanding what health literacy and family learning means we can enjoy learning with our families.

You probably know more about family learning and health literacy than you think. Read through the following examples, you might recognise some of them!



Family learning
needs to be fun
at all times!

- Use meal times, walking to school or driving somewhere as an opportunity to have discussions with your child.
- Help your child to notice health information in their environment e.g. low carbon emissions, no smoking, washing hands posters and signs.
- Use family learning as an opportunity to learn together.
- Choose the right time to talk to your child. Children often do not want to engage in something when they are hungry or tired.
- Go at your child's pace.
- If your child becomes bored, try again another time or explore other things that suit their interests.
- Ask your child questions rather than telling them e.g. "What do you think that road sign means and what do you think people must do and why?"
- Share stories with your child and give opportunities for them to ask questions.
- Use the outdoor environment to learn too. There is so much there to see and understand.
- Talk about health with your child e.g. "What can too much sugar do to your teeth?"
- If you are unsure about something, search for the answer together with your child. This can be online or in the library.
- Family learning must always take place in a relaxed and fun environment.

Activity 2: Reflection

This section is to help you think about what was covered in the unit, what you learnt, what you found interesting and what changes you might make as a result. Fill some of the sections in at the end of the unit then go back to it during the week especially when you have shared information with your children

Fill in some of your thoughts below at the end of the session then add to it during the week.

Something I learnt today:

Something I found very interesting:

Something I'm not sure about:

Something I will do now:

Any other thoughts:
