

As the parent, your positive attitude will go a long way. It's important to stay upbeat. This helps support your child as he or she learns new habits during the next six months. After your child has set a goal with the Coach, answer these questions:



With Power Zone, you and your whole family can get healthier. Where do you hope to see your family six months from now?

Think of one step you can take this week to help your child reach his or her goal. How can you involve your whole family? Take a look at the *More Tips* section for ideas.

What is the top thing that may get in the way of your child reaching his or her goal?

How can you overcome this issue?

My child's  
Community Care Coach is:

1-888-830-4300  
(TTY: 1-800-855-2880)

**AMERIGROUP**  
*Community Care*  
[www.myamerigroup.com](http://www.myamerigroup.com)

**THE  
POWER ZONE  
PALS**



**FOR  
PARENTS**



**AMERIGROUP**  
*Community Care*



Did you know that healthy habits you learn as a child could last your whole life? That's power. That's why we named our program Power Zone. It's a 6-month program for children ages 7-11. It teaches them how to choose healthy food and be more active. They will learn that healthier choices make them feel better. This will empower them to make better choices every day.

# THE TOOLS IN YOUR POWER ZONE TOOLBOX

- Calls from the AMERIGROUP Community Care Coach
- 5 booklets with the Power Zone Pals
- Nutrition activity booklet
- *Truth Behind The Ads* activity booklet
- Checkups with your child's doctor

Your child's AMERIGROUP Community Care Coach is a registered nurse. The Coach will work with you and your child to choose a 6-month health goal. Every two weeks the coach will call. Each step of the way, the Coach will offer ideas and support. You can also call your Coach anytime with questions.

You will get a series of 5 booklets about the Power Zone Pals. They are stories you and your child can read together. Each Power Zone Pal has some change he or she wants to make to be healthier. The stories and characters are great ways to talk about important health issues. The nutrition activity booklet promotes healthy food choices and physical activity. It has ideas and games just for kids. The *Truth Behind the Ads* booklet shows how advertisers make products like junk food look appealing. It includes fun activities and games.

Your child's doctor will play an important role, too. The doctor will offer guidance and information about a healthy lifestyle. When your child goes for a 3 and 6-month checkup, he or she will receive a special gift.

What do we mean by “true health”? It’s being completely healthy. It’s having a strong body. It’s having a positive outlook. And it is having smart eating habits. In the Power Zone program, you will see how each one of these is explored by our Power Zone Pals.

**FOR HEALTHY MINDS:** *Isabel Learns Big Change Starts Small*  
*Mike Takes the Stress Out Of Eating*  
*The Truth Behind the Ads*

**FOR HEALTHY BODIES:** *Jamal Turns Off the TV*  
*Isabel Learns Big Change Starts Small*  
*Nutrition Activity booklet*

**FOR HEALTHY NUTRITION:** *Monica Makes A Healthy Discovery*  
*Mike Takes The Stress Out Of Eating*  
*Nutrition Activity booklet*

The **parent’s role** is to be your child’s cheerleader. Your positive words and actions will help your child succeed. As a parent, you can have a big impact by staying positive. You can also find ways for your child to make a healthy choice every day. Best of all, you can set a good example.

The **Coach’s role** is to help guide your child and family. The Coach will call you every two weeks to provide support. The Coach can help your child stay focused and offer assistance to you and your family.

The **doctor’s role** is to make sure your child stays healthy. When? Before, during and after the program. Your child’s doctor will also talk about any issues that make it hard for your family. The doctor is the expert about your child’s health. He or she can provide more guidance and resources.

## MONEY IS NOT AN ISSUE

A parent’s role is very important. Best of all, it’s free.

As a parent, you:

- 1) are a role model and good example.
- 2) offer cheers and rewards.
- 3) make sure your child has healthy food to eat.
- 4) can help your child get more active.

## “TREAT” DOES NOT HAVE TO MEAN FOOD

Find ways to treat your family without food. A trip to the park can be a reward. Or you can play a board game. Remember that your child prizes time with you.

## GET THE WHOLE FAMILY ON BOARD

It’s easier to get healthy when a family does it together. This list has lots of good ideas. Which one would you like to try?

## MORE TIPS

### WHEN IT COMES TO EATING...

- Eat fewer fried foods.
- Add one extra vegetable to lunch and dinner.
- Buy healthier snacks for your family, such as fruit.
- Trying new foods is fun! Take your child food shopping with you. Let your child choose a new vegetable or healthy snack each week.

### WHEN IT COMES TO GETTING ACTIVE...

- Go out for a walk or to the park at least twice a week with your child.
- Rent exercise DVDs from the library to try with your child.
- Turn commercial breaks into family time during a TV show. Use these breaks to do sit-ups, pushups, jumping jacks, etc.

# THINGS YOUR FAMILY CAN DO WITH EACH BOOKLET

## WITH MONICA MAKES A HEALTHY DISCOVERY:

- 1 Once this month, take your children to a mini mart or two where they often buy snacks. Walk around with them. Try to find a few healthy choices they like. It could be fruit, nuts, string cheese and crackers or 100% fruit juice. You may find other healthy options at the store. Ask them to pick these more often when they are looking for a snack.
- 2 Next time you go out as a family, take a few healthy snacks along with you. Not sure what a healthy snack is? Talk about this with your Coach.



## WITH ISABEL LEARNS BIG CHANGE STARTS SMALL:

- 1 Talk to your children often about their health goals. Tell them that they can come and talk with you when it's hard to stay focused. You can remind them that they have the power to overcome it and can reach their goals. One setback does not have to throw them off track. Then, ask your kids what they can do differently next time.
- 2 Set a time each day (maybe at bedtime) to discuss their progress. Ask your children what small steps they took that day toward their goals. Tell them how proud you are of their success.



## WITH JAMAL TURNS OFF THE TV:

- 1 At least once during the weekend, turn off the TV. Take your family out for a walk or a trip to the park. If you are going to the park, think about taking a ball or other things to play with.
- 2 Keep track of how long your children watch TV or use the computer. If it has been more than 2 hours, ask them to turn it off and do something else. They could play a board game. They could play with their toys. They could help you cook a good meal. Or they could go play outside.



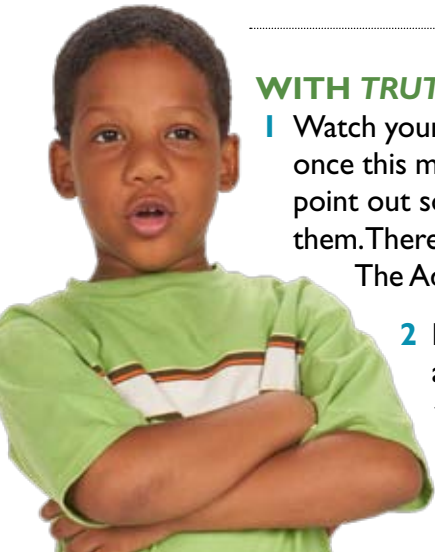
## WITH MIKE TAKES THE STRESS OUT OF EATING:

- 1 What can they do when they feel stressed or worried? Ask your children what they have learned. It's good for them to have a plan in place.
- 2 Next time you see them upset, offer to do one of the things listed in the booklet with them. That will help them start new, healthy habits.



## WITH TRUTH BEHIND THE ADS:

- 1 Watch your child's favorite TV show together at least once this month. During each break, ask your child to point out some of the ways ads try to get you to see them. There are lots of these ways in the Truth Behind The Ads booklet.
- 2 Look for ads on boxes of cereal and snacks at the store. Talk to your child about what these ads are trying to do.



## WITH NUTRITION ACTIVITY BOOKLET:

- 1 Plan a healthy menu for the next day with your child. Use the food pyramid as your guide. Choose what you will eat for each meal. Check to see that your menu has the right amounts of foods from each food group.
- 2 Take your child grocery shopping. In the store, point to various foods and have them try to guess which food groups they are in.

