**Group Appointments**

**SESSION 2 SETTING LIMITS & BENEFITS OF PHYSICAL ACTIVITY**

**Objectives:**

1. Parents will examine their personal and cultural style of discipline and how it influences their child’s eating habits.
2. Parents will recognize that they are models for their children and are responsible for setting limits and for supporting healthy eating habits/lifestyle.
3. Parents and children will learn the benefits of daily physical activity and the recommended amount of TV/Screen time every day.

**Activity Schedule:**

**4:30 – 4:45 pm Registration** *(Promotora)*

**4:45 – 5:00 pm Welcome** *(Provider/Promotora)*

**5:00 – 5:05 pm Review of Rules for the Group** *(Promotora)*

**5:15 – 5:45 pm Discussion** *(Provider)* **-Role and Challenges of Parents in Establishing Limits -Role Playing Activity -Benefits of Physical Activity; Limit Screen Time to 2 hours or Less per Day**

**5:45 – 6:00 pm Each Child to Establish Goal and Define Action Plan/s to Achieve Goal** *(Provider)*

*5/11 ACadiz*