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| **Stage of Change**  **ACTIVITY** | **Case study Information for REGGIE** | **Probing/Counseling ideas for Physical Activity**  ***\*NOTE: Education should be based on parent’s primary concern and the child’s risk codes.*** |
| Unsure or Thinking about it  *For this participant our goal will be to raise awareness and identify barriers to change* | **If you hear…**  Mom states she has a friend who has tried exercise with her kids and it requires too much work and then she has another friend who takes her kids to the pool everyday to swim?  **If you see…**  **Background information**  **Nutrition hx indicates:**   * No medical conditions * Reggie gets 15 minutes of play here & there. * He is in the 95th percentile for all areas * Mom’s friend says trying to exercise with her children requires too much work. But she has another friend who takes her kids to the pool everyday to swim. * He is three. | **Select probe(s) to use during certification.**  **\*Use example to develop your probes.**   * You said Reggie is active for 15 minutes here & there during the week- could you tell me more about what he is doing on those days, or That’s good that he likes to play so **What does Reggie do for fun?** To keep physically active?   Now write your own: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **Select boxes of other areas you may like to probe during certification.**  **\*Develop probes individually and then discuss as a group. Below are two examples as a guide.**   * Activity rewards (takes to the water park, takes to playground) * Probe what types of playing the parent believes the child is interested in.   Now write your own: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **Select education topics you could cover with this “UNSURE” caregiver once risk codes are identified.**  **\*Select different topics you would possibly discuss with parents relating to physical activity and what resources you could use to communicate topic.**   * Active Play Rewards(ball, balloon, swim trunks, Fit Wii\*, schedule time to play) * Parent modeling what wants child to do * HCP * referrals * Matching activities to child’s abilities   \***What else could you discuss?**  Now write your own: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Now write your own: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **What handouts have you identified to promote parent’s awareness?**   * Child’s Play * Active living for families * HMBH * Helping your Child   \***What other resources could you use?**  Now list your own: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Now list your own: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **Select boxes of affirmations/permission for this “UNSURE” caregiver.**  **\*Use handout to develop your affirmations and permissions.**  **Below is an example for you to use. Take turns affirming and asking permission. Ensure you write your own and state them to the group. Allow time to assist each other in tweaking response.**   * I can see you are trying to keep him moving. Tell me what he CAN do now, and, if you'd like, we can discuss some ideas about how you can help him do just a little more to get more active without being (hurt, embarrassed, exhausted-whatever seems appropriate   (your affirmation) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_(& asking permission)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  (your affirmation) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_(& asking permission)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **3. Select boxes of closing affirmations for this “UNSURE” caregiver.**  **\*Develop closing affirmations individually and then discuss as a group. Below is an example for you to use.**   * I appreciate you coming in today.   Here is the referral for a nearby community center, they offer play activities for children Reggie’s age -let me know how that works out.  (your own words)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \*\*Reference utilizing FIT Wii only if parents already have this “exergaming” system in-house. |