



**Important note for person providing the BeSmarter Tool** - always check what whānau have ticked the two Rs - *Reduce screen time* and *Reduce sugary drinks*. These are both negative statements and sometimes whānau tick them as if they are positive statements. For example they will tick always for *Reduce sugary drinks* and when you check why they ticked Always it may be because they always have sugary drinks. And whānau may not understand the symbol for less than in the *Reduce screen time* statement so please explain that. If they do tick the wrong box don't change what whānau have done - just keep it in mind.

## Using the BeSmarter Tool

### Introducing it

- ▲ Always give the pen or pencil to the whānau, or to the child if they are old enough to read.
- ▲ Introduce the Tool: *I have a sheet here about nine things for healthy kids. Is it ok if we go through it together?*

*Each letter in BeSmarter is about something important for kids' health. As we go through tick where you are/your child is for each one. So let's look at the first one – **Breakfast** – what would you tick for that - **not yet, sometimes, mostly, always?***

*Great, so what about this next one - **Eat more fruit and vegetables?***

- ▲ Then let the whānau go through the rest of the statements.
- ▲ After they have finished ticking, help them see what they are already doing and identify an action: *You're already doing a good job on...(mention anything they have ticked **Always** or **Mostly**). Out of these things (the ones they ticked **Sometimes** or **Not Yet**) what's one thing you would like to work on?*

### Setting the goal

- ▲ *Your goal needs to be something you want to do for... (the action chosen above)*

*Think of these four questions - **what** do you want to do, **how** are you going to do it, **how often** are you going to do it each week, **who** is going to help to make sure you achieve your goal?*

## Possible goals

- ⤴ **Eat breakfast** – **What:** eat breakfast; **How often:** four times a week on Monday, Tuesday, Thursday, Sunday; **How:** go to breakfast club at school for two days /eat bread and peanut butter for other two days; **Who needs to help:** Mum and Dad to get me to breakfast club and make sure there is bread and peanut butter.
- ⤴ **Eat more fruit and vegetables** - **What/How:** eat a piece of fruit at school, eat fruit after school, eat mixed veges at night; **How often:** for three days a week; **Who needs to help:** Nan needs to get fruit from the market and Mum needs to buy mixed veges.
- ⤴ **Sleep 10-12 hours** - **What/How:** go to bed by 8pm; **How often:** three nights a week Monday, Tuesday and Thursday. **Who:** Mum and Dad will help me get ready for bed.
- ⤴ **Match serving to hand sizes** - **What/How:** I decide how much veges to have using a spoon that is the same size as my hand; **How often:** three nights a week; **Who:** I measure out two lots of veges with a spoon that is the same size as my hand.
- ⤴ **Activity 60 minutes daily** - **What/How:** walk to and from day care/school with my older brother three days a week (as long as it isn't raining); **Who:** my big brother.
- ⤴ **Reduce sugary drinks** – **What:** Put water on the table when the family has meals; **How:** don't buy Raro from the shop, put water in the fridge; **Who:** Mum not to buy Raro, I will remind her about the water.
- ⤴ **Takeaways less than once a week** - **What/How:** have takeaways one night only; **How often:** Friday night only; **Who:** Mum and Dad not to buy takeaways on other days, I will not ask for them.
- ⤴ **Eat together as a family** – **What:** everyone home for a meal we eat at the table; **How:** turn the TV off; **How often:** two days a week; **Who:** all of us (name the people in the family).
- ⤴ **Reduce screen time less than 2 hours** – **What:** limit amount of time playing Xbox; **How often:** three days a week; **Who:** everyone, especially Dad - he likes Xbox more than the kids; **How:** Mum will put the console away for the other four days.

## At the end

- ⤴ *Thank you for working out something you can do for (name of child) weight and health. All these things make a difference. You can put ticks or stickers on the BeSmarter chart down here to show how you are getting on.*

*I would really like to know how you get on as well, so I would like to call or text you in a week - what is the best way for me to contact you?*