



HEALTH4EUkids

Your Kids' Health, Our Priority

Best Practices in action: how to transfer, implement, and sustain effective health promotion interventions for children (0-12)

Module 3

Smart Family: a Best Practice to support and empower families in promoting well-being and healthy lifestyle



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**Best Practices in action: how to transfer,
implement, and sustain effective health
promotion interventions for children (0-12)**

Unit 3.1.1

Smart Family: General Overview

“The Best Practice Smart Family from Finland”

Kati Kuisma & Taina Sainio

Finnish Heart Association

Smart Family – What is it?

*Bringing joy, motivation and encouragement
to the lives of families with children*

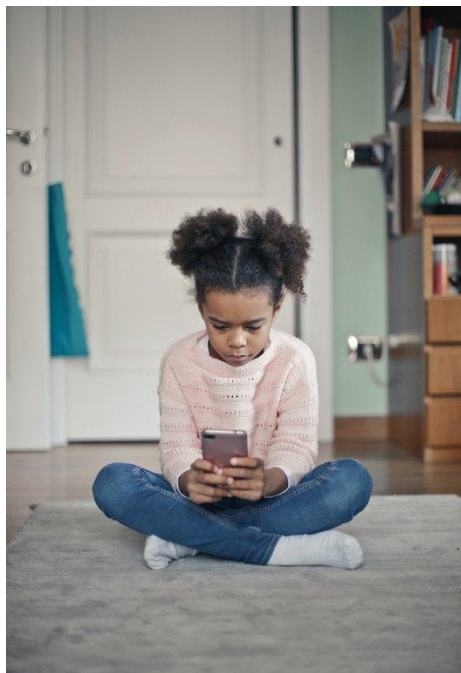


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Parenting children to healthy lifestyle in today's world is far from easy



Every child and family is unique –
as are the solutions that work for them.



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Bodyimage



Exercise



Daily life and parenting



Rest and sleep



Food and eating

Health-related skills are learned at all ages

The power of seeing
good, solution-
focused thinking, and
resource-focused
approach.

Joy and well-being
in everyday family
life by emphasizing
strengths.

I am valuable and
good.
I want to take care
of myself.



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Smart Family in Finland 2025



Families

- Neuvokasperhe.fi – website and communication (social media, news letter)
- Positive tone of voice
- Tips on everyday choices are based on recommendations



Professionals working with children

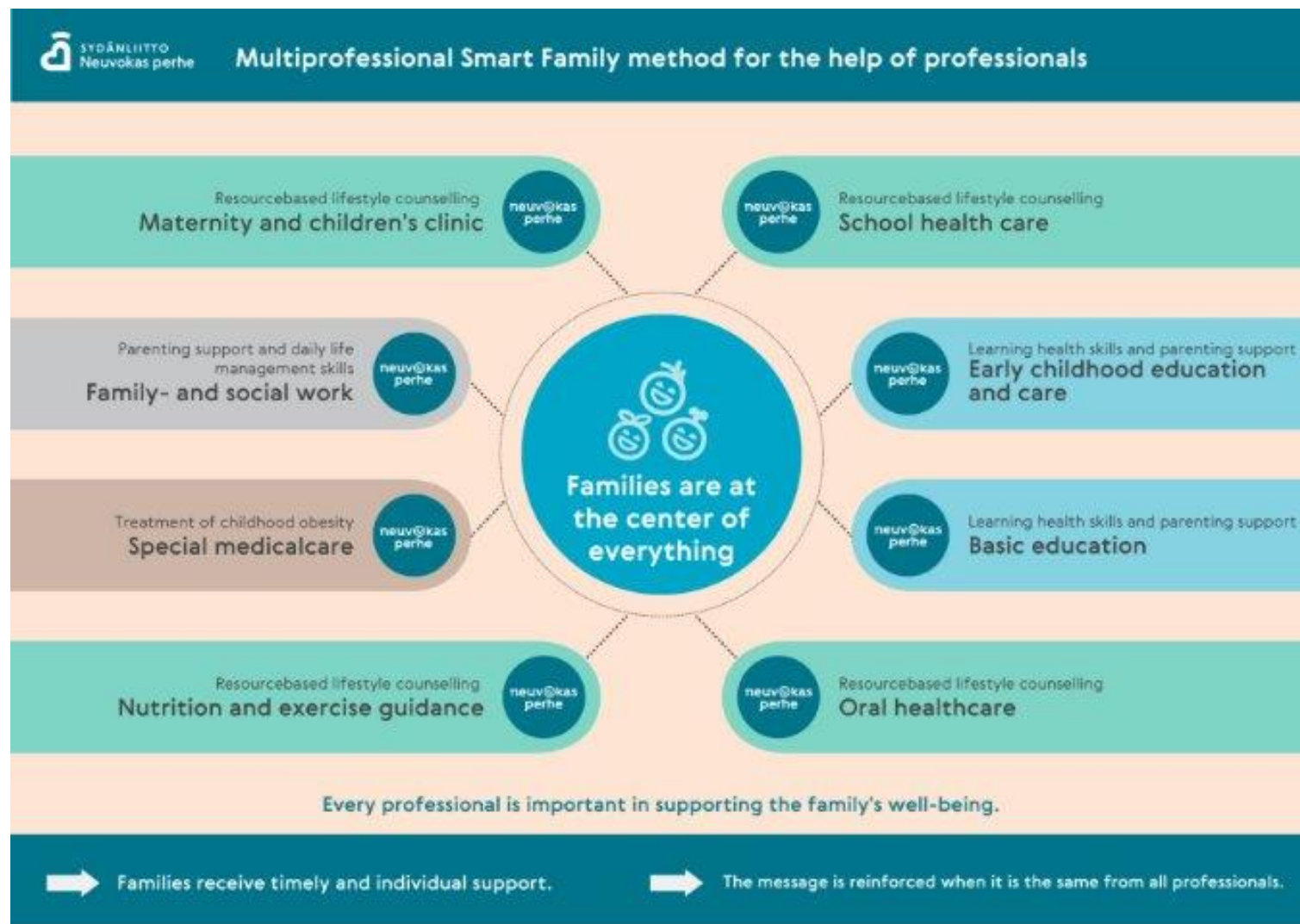
- Smart Family – healthy lifestyle counselling method
- Training
- Tools and materials
- Support for implementing
- Communication and news letters



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Family centered, strength based, solution- and resource-focused approach

- Noticing the good, saying it out loud and strengthening it.
- No telling what to do and how to do it.
- Good questions are asked - if necessary, ideas and alternatives are offered.
- It's always up to the family to decide what suits their everyday life, values and habits.



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Focusing on the process of positive development

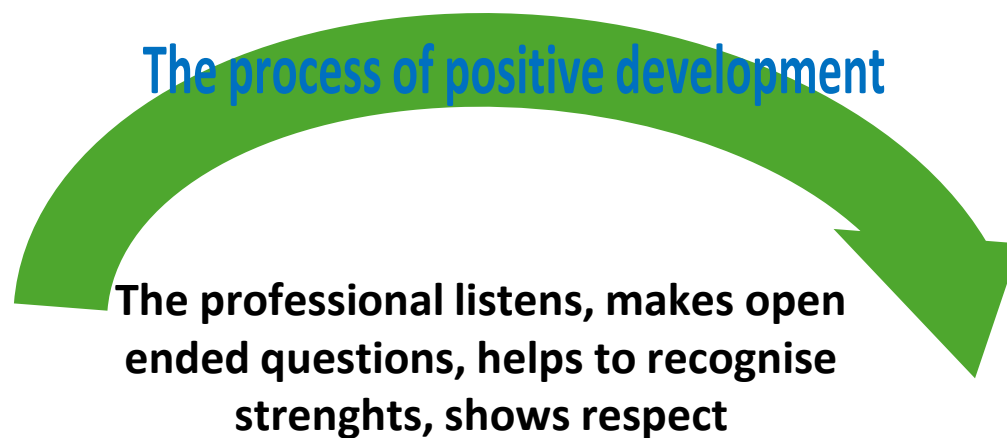
The elements of effective lifestyle counselling



Absetz 2013

Focusing on the process of positive development

The elements of effective lifestyle counselling



Absetz 2013

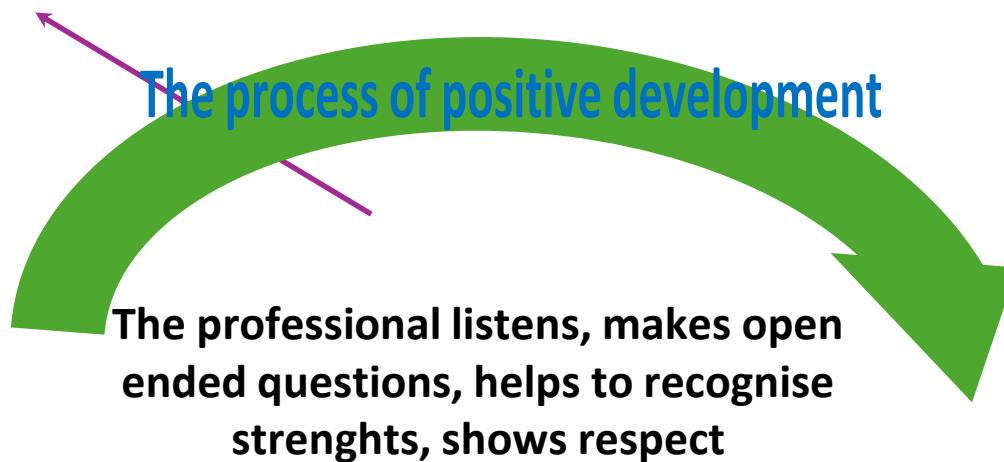


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Focusing on the process of positive development

The elements of effective lifestyle counselling

Observing our
family's own
habits and health
behaviours



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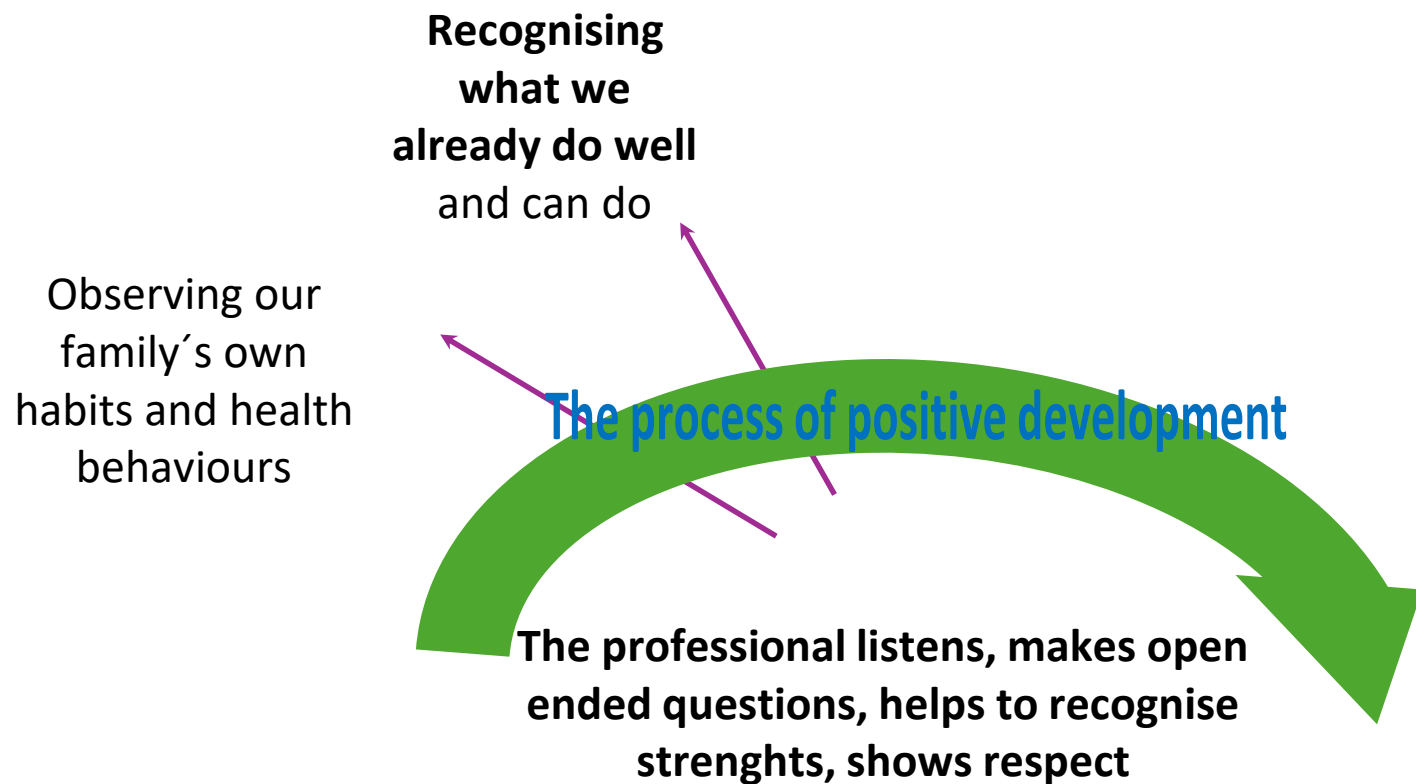
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Focusing on the process of positive development

The elements of effective lifestyle counselling



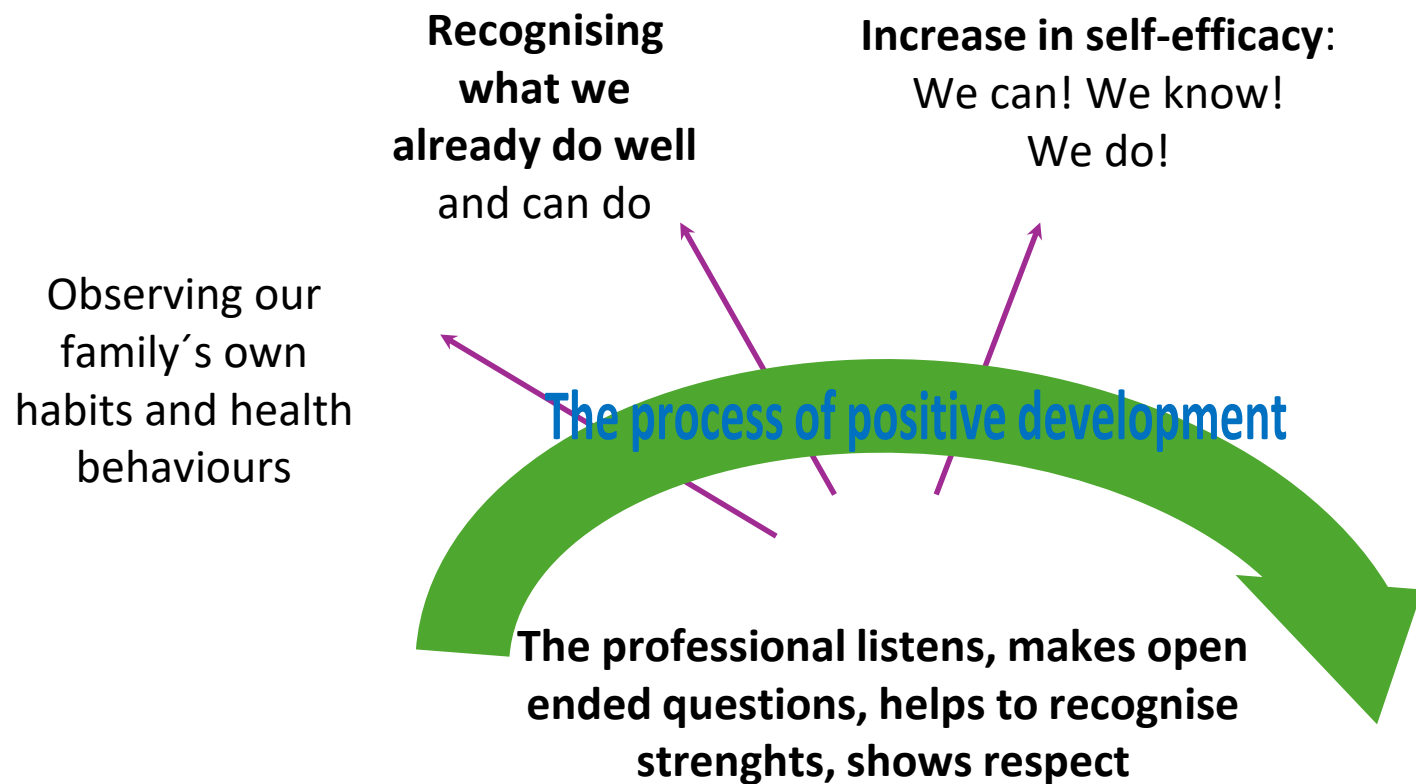
Absetz 2013



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Focusing on the process of positive development

The elements of effective lifestyle counselling



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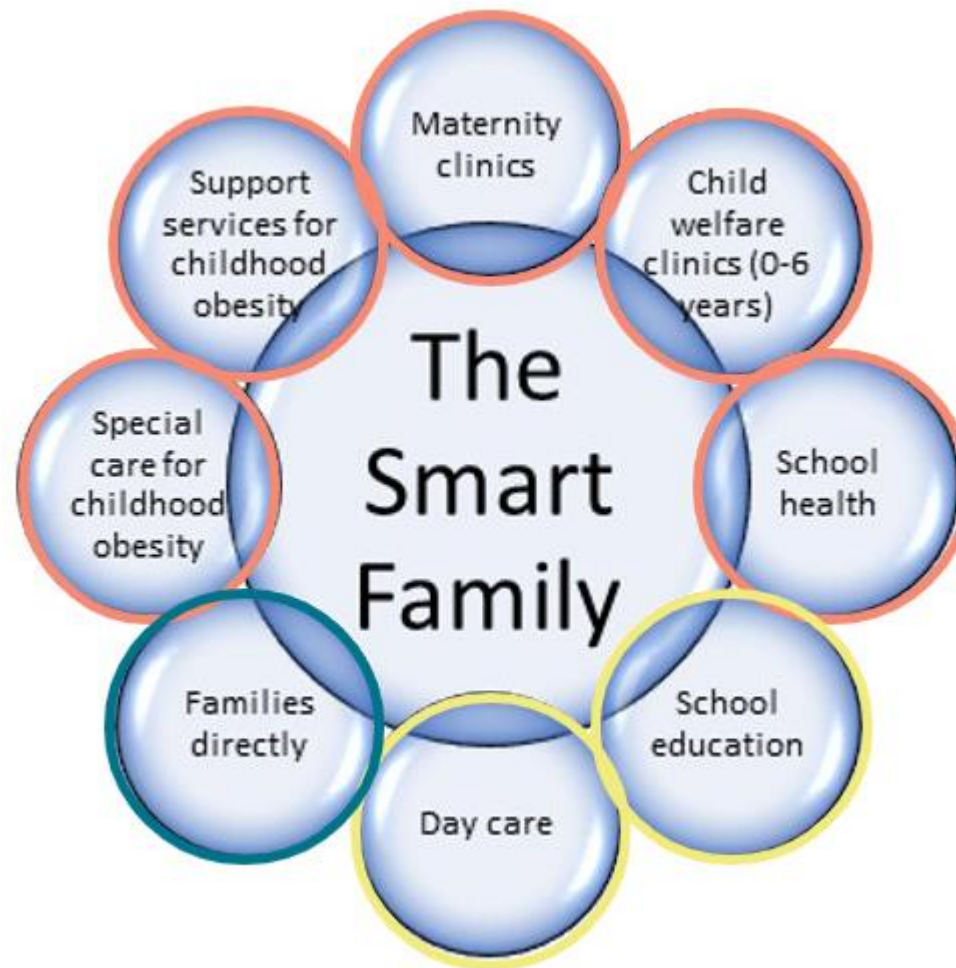


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Training professionals and co-creation with professionals are key elements for success when implementing Smart Family

- When implementing Smart Family, identify the key professionals in your country.
- Start the pilot and involve professionals in the pilot.
- Choose materials that fit their environment.
- Trainings are one key element how to introduce the Smart Family –method.
- Change take time – also from the professionals!

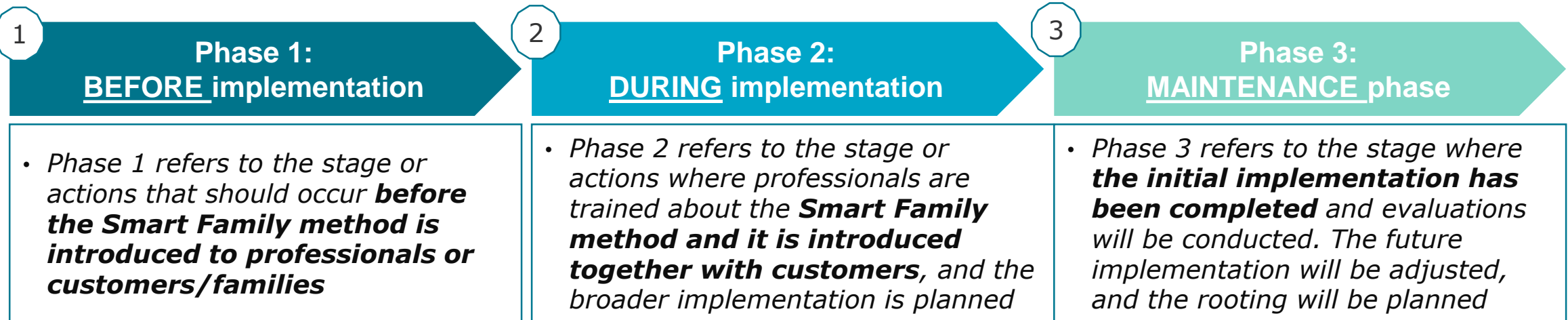


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The Smart family assessment framework is structured into three phases and sub-categories under each phase



Sub-categories of different tasks

- 1.1. Understand the current state
- 1.2. Define the local settings
- 1.3. Develop a preliminary implementation plan

- 2.1 Train and motivate professionals
- 2.2 Provide continuous support for professionals and communicate with defined key stakeholders
- 2.3. Monitor the implementation process and make adjustments accordingly
- 2.4. Adjust the preliminary plan and broaden the scope if needed

- 3.1. Collect, analyze and evaluate the success of the initial implementation
- 3.2. Communicate the results of the initial implementation
- 3.3. Plan the future implementation

➤ Once all the phases are completed, according to the assessment framework, it can be concluded that **the Smart Family method is in use in the country**



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Tools and materials for professionals

- Self-assessment tools for families
- Pictures, posters and videos
- Food education –materials for educational settings
- Paper&pen materials to be used with children
- Extra materials how to bring up difficult topics with families like overweight
- Website to professionals with material bank and support for implementation.





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Smart Family Card

- The color coding on the card tells the family which of their habits are in line with Finnish recommendations:
- Green choice = your choice is same as the recommendation
- Yellow choice = your choice is not always realized as recommended
- Red choice = your choice is not same as the recommendation or either possible
- The meaning of the card is not to get only green choices, but to find out, where families are happy with their choices and where they want to change some behavior.
- It is important to make visible the strengths that family has in their eating and exercise habits.

Lapsen tiedot

Nimi _____ Ikä _____

Lapsen ruokailutottumukset, vanhempi vastaa

1 / 20	Perheemme ruokailutilanne on ilmapölyltään myönteinen	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2 / 20	Lapsi syö aamupalan, lounaan, päivällisen, iltapalan ja 1-2 välipalaa päivittäin	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3 / 20	Lapsi syö pääaterian lautasmaalin mukaan	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4 / 20	Lapsi syö kasviksia, hedelmiä ja marjoja useita kertoja päivässä	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5 / 20	Lapsi syö puuroa tai runsaskuituista (yli 6 g/100 g) leipää päivittäin	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6 / 20	Lapsi käyttää maitoa tai maitovalmisteita päivittäin	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7 / 20	Lapsen maito ja maitovalmisteet ovat pääasiassa rasvattomia	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8 / 20	Lapsen leivällä käytetään margariinia, jossa on ainakin 60 % rasvaa	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



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The Star of our Family

How does your family's star shine?

You can use this star for making a situation assessment: Are you satisfied with the time spent together as a family? Each family member fulfills her own star. For each topic, think about how satisfied you are with this theme in your everyday life

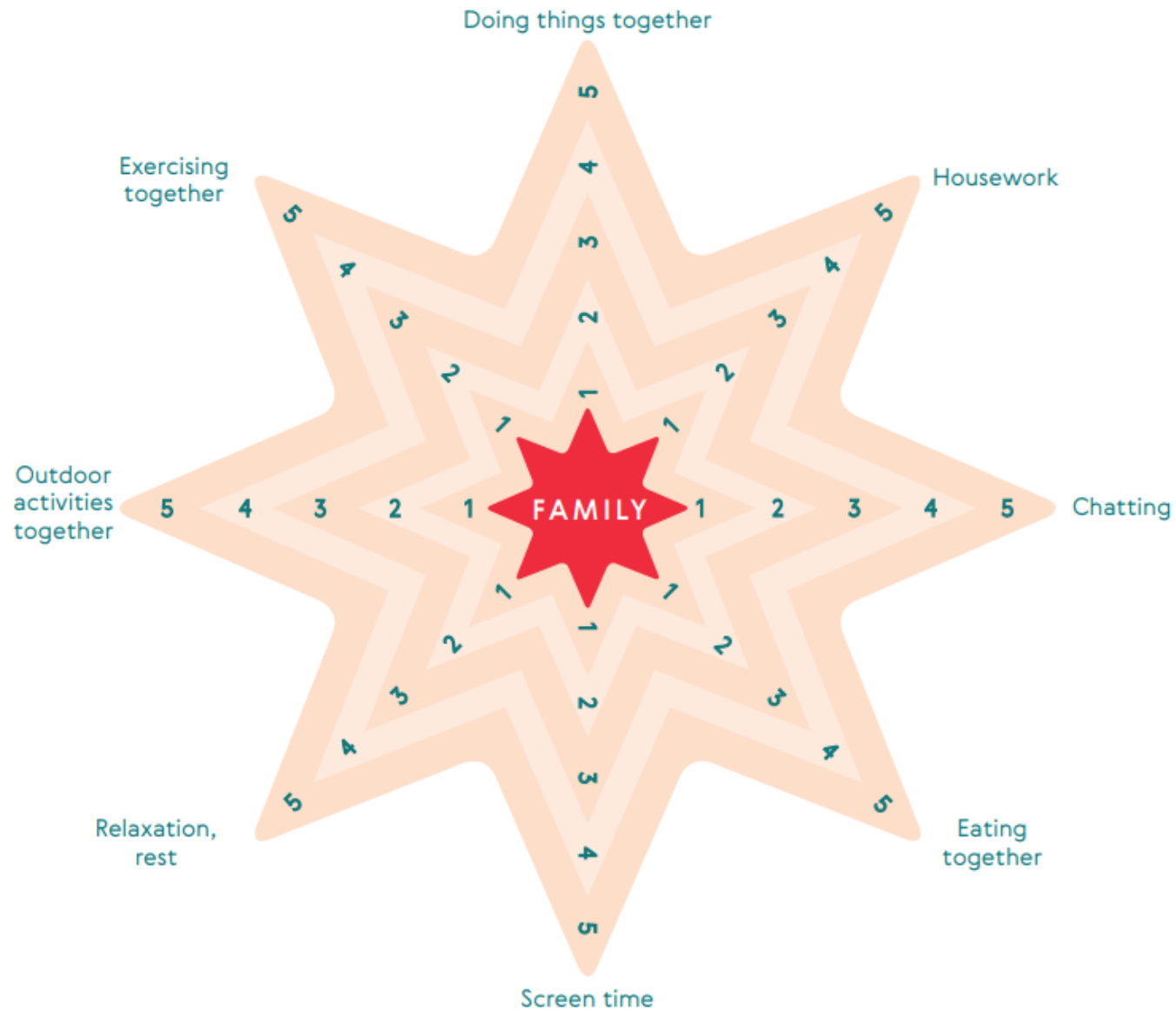
Please circle your level of satisfaction on a scale of 10 to 1.

10=completely satisfied,

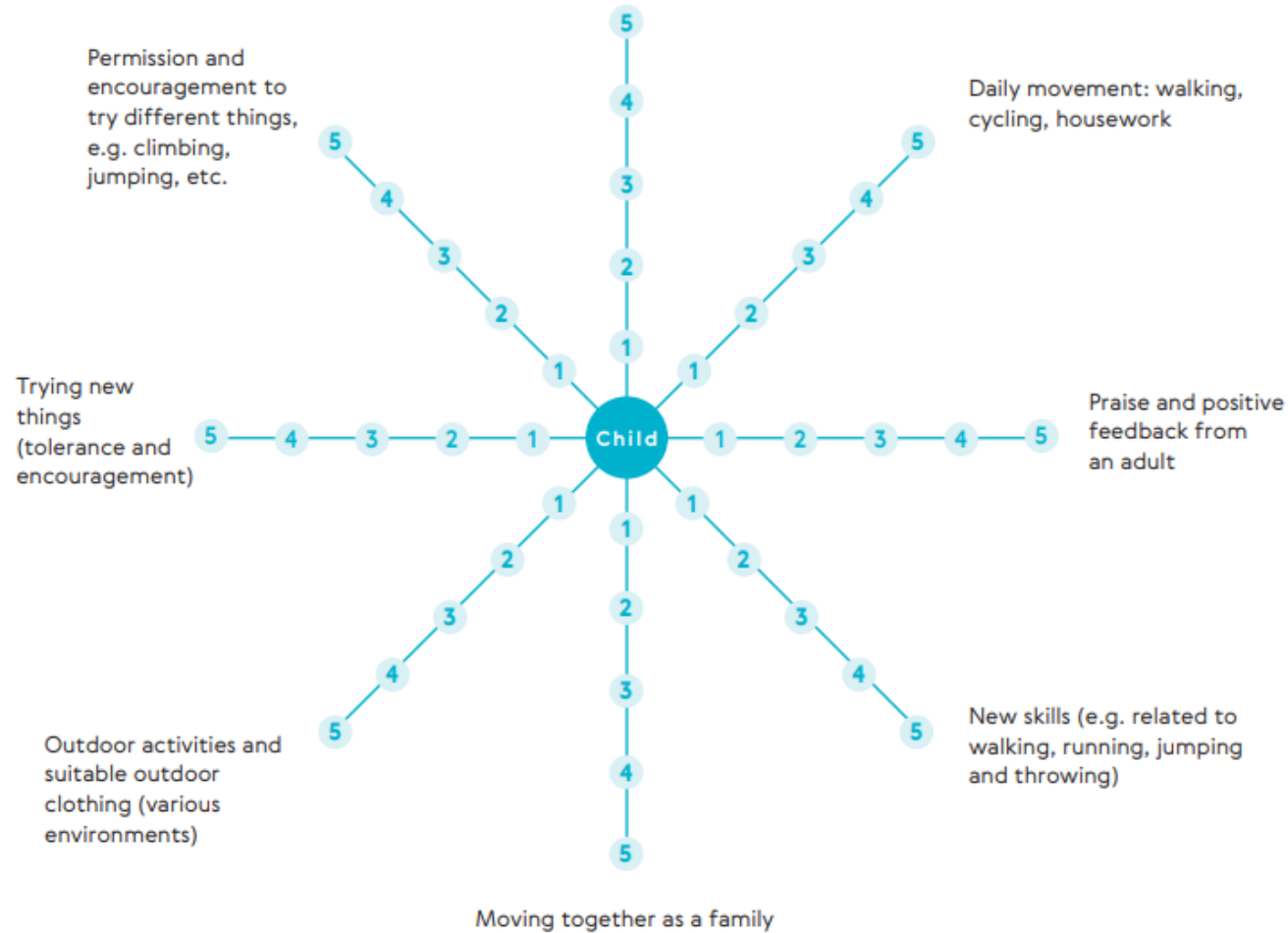
1= dissatisfied.

When you have circled the numbers, connect them with a line. Compare the stars.

Which topics need your positive attention in your everyday life?



The joy and enthusiasm of
a child's movement



What is the child's daily physical activity like? Which topic needs you positive attention?

The star tool for a child's movement

With the help of the star, it is possible to notice the child's strengths and learning, and the need for support.

Circle the number, which describes the child's movement on a scale of
5 = does well /
1 = requires still practice.



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Food Education pedagogy and materials for educational settings

Discover the tools of food education



Food education idea bank

CLICK ON THE IDEA BANK



Food education data bank

EXPLORE THE KNOWLEDGE BASE



Online course in food education

CHECK OUT THE ONLINE COURSE



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Exercise



Name _____
Date _____



Outside I like to...

Inside I like to...

If I were an athlete, I would be...

My best exercise memory is...



Exercise I like

Large empty box for drawing or writing about exercise preferences.

Smart Family is one of the activities of the Finnish Heart Association.

sydän
terveys ry

neuvokas
perhe

Yummy!



Name _____
Date _____



Food I like to eat...

My mum's favourite food...

My dad's favourite food...

I think tasting new food is...

Lately I've learned to eat...

I can make...

My favourite kitchen appliance is...

Mealtime in our family is...



My Favourite Food

Large empty box for drawing or writing about favorite food.

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sydän
terveys ry

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perhe

Sleep



Name _____
Date _____



The best place to sleep is...

In the evenings, our family usually...

The best sleeper in our family is...

We turn off our phones and screens in the evening at...

It's easier to fall asleep at night when...

I know I've slept well when...

If I don't get enough sleep, I...

The most fun place I've slept at is...



My bedtime toy
or my dream

Large empty box for drawing or writing about bedtime preferences.

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sydän
terveys ry



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Website and social media for families

- Ideas, tips and information for families for everyday life.
- Positive tone of voice!
- Professionals also promote the websites to families.



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F Food, Ruokailo ja -rohkeus, Syöminen

18.12.2019

10 tips for picky, selective eating

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18.12.2019

A nursing mother's diet

LUE ARTIKKELI



18.12.2019

Diet during pregnancy

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F Food, Suositukset, Syöminen

14.1.2020

Gestational diabetes – what should I know about it?



F Food, Kasvikset ja hedelmät, Syöminen

18.12.2019

Mouth-watering fruits and vegetables



F Food

14.4.2020

Positive table talk



18.12.2019

**Our family don't exercise
– what should we do?**

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24.2.2021

**Improving children's
motor skills**

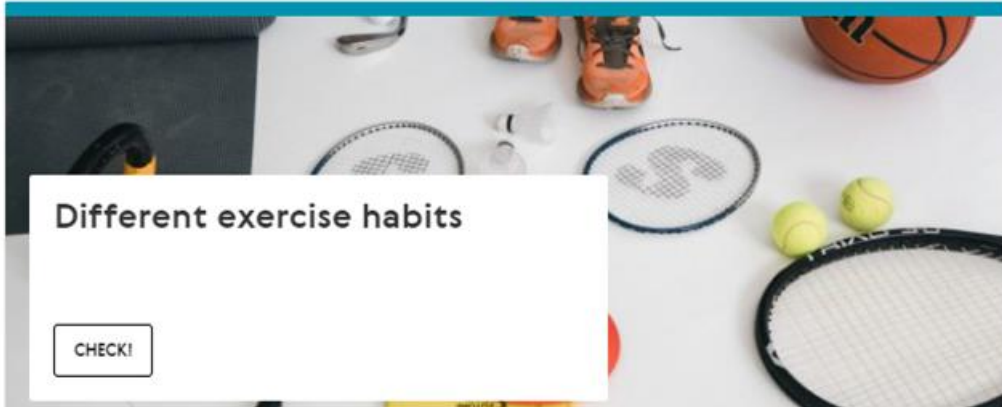
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24.2.2021

**Exercise during
pregnancy and
breastfeeding**

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Different exercise habits

CHECK!



**Circus acrobatics in your
living room**

WATCH VIDEOS!



24.2.2021

Empowering questions for family

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18.12.2019

10 tips for a healthier family life

LUE ARTIKKELI



18.12.2019

Dental care instructions

LUE ARTIKKELI



18.12.2019

Emotional skills in our family

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18.12.2019

Smoking when pregnant or breastfeeding – where can I get help and support?

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20.12.2019

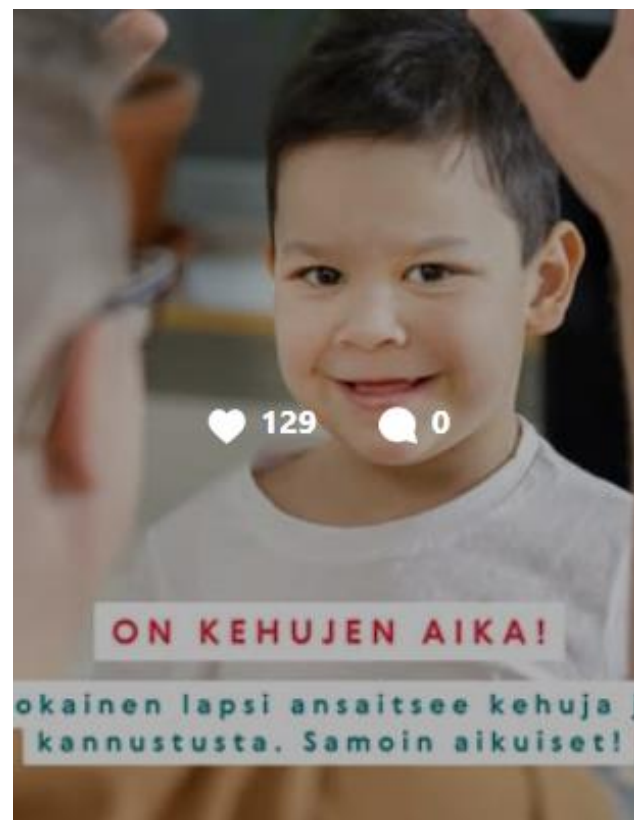
Stop and listen to your child

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Social media for Finnish Families at Instagram @neuvokasperhe



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Focus on Smart Family approach – use the tools and materials wisely

neuvokas@sydanliitto.fi



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