

Parent Involvement in Health, Nutrition and Mental Health Education

POLICY:

Parents are involved in health, mental health, dental and nutritional education component activities.

This policy relates to [Head Start Performance Standards 45 CFR Part 1302.50, 1302.51, 1302.53, 1302.63, 1302.70, 1302.71](#)

PROCEDURE:

1. Training on each of the components is provided to parents at regular parent meetings and other planned program activities. (see Parent Meetings *policy*)
2. Parents receive adequate notice and support services to facilitate their attendance at meetings/trainings.
3. Parents are provided resources and referrals for information and services in all component areas.
4. At a minimum, the program ensures that the medical and dental health education program:
 - (a) Assists parents in understanding how to enroll and participate in a system of ongoing family health care
 - (b) Encourages parents to become active partners in their children's medical and dental health care process and accompany their child to medical and dental examinations and appointments
 - (c) Provides parents with the opportunity to learn the principals of medical and dental health, emergency first-aid, occupational and environmental hazards and safety practices for use in the classroom and in the home. In addition to information on general topics, specific information to meet the health needs of individual children is made available to the extent possible.
5. At a minimum, the nutrition education program includes:
 - (a) Nutrition education in the selection and preparation of foods to meet the needs of the family
 - (b) Parent discussions with program staff about the nutritional status of their child

6. The mental health education program provides, at a minimum:
 - (a) A variety of group opportunities for parents and program staff to identify and discuss issues related to their child's mental health
 - (b) Individual opportunities for parents to discuss mental health issues related to their child and family with program staff, and
 - (c) The active involvement of parents in planning and implementing any mental health interventions for their child