

The page has a yellow background decorated with handprints in white, blue, and orange. The handprints are arranged in a border around a central white rectangular area. There are 16 handprints in total: 4 white, 4 blue, and 8 orange. The central white area contains text.

## A Vignette by OPT for Fit Kids II

The following comments were taken from workshop evaluations from parent meetings and provider trainings:

“Because of this meeting, I am going to make nutrition a part of my home visits next month”. (Home Visitor)

“Because of this meeting, I have a better understanding of healthy snacks, foods, portion sizes, and ideas for physical activities which I can pass onto families”. (Home Visitor)

“Because of this meeting, I am going to emphasize playtime for activity and discuss nutrition more”. (Home Visitor)

“Because of this meeting, I am going to be more assertive with mandatory weight and BMI”. (LVN)

“I really liked learning how exercise has so much to do with brain development”. (Parent)

“Because of this meeting, I am going to cut down on fast food/my child’s portions”. (Parent)