

Annexure 23

Letter For Parents To Attend Awareness And Capacity Building Sessions

(Over weight and obesity management)

Parents and families are crucial for child's behavioral change

Dear Mothers,

As a part of the ongoing "Nutrition Health Promotion Programme" in the school, besides the counseling sessions related to "Healthy Dietary and Lifestyle Practices" for the children, it will also be organized for mothers. These sessions, for mothers, are important as you play an important role in the child's behavioral development and also you could help us to reinforce the key messages to children in the home (when they are away from the school environment).

The first session will be related to Under nutrition management, covering the following health topics:

- ❖ What is undernutrition?
- ❖ What are the causes and consequences of undernutrition?
- ❖ How healthy dietary eating habits may be developed.
- ❖ How cooking can be made healthy.

Therefore, we request all the mothers to attend these sessions, as it will help to make the ongoing programme more effective, which is for the benefit of your child.

Date: 3.12.08
Time: 11.15 a.m
Venue: School Auditorium