

# V1 – 29.7.2011

## Parent's end of Programme feedback



We would like to know what you think about the Families for Health Programme and about the parents' group. Your views will help us to improve the Programme.

- |          | <i>Awful</i> | <i>Bad</i> | <i>OK</i> | <i>Good</i> | <i>Great</i> |
|----------|--------------|------------|-----------|-------------|--------------|
|          | ☹            |            | ☺         |             | ☺            |
| <b>1</b> | <b>1</b>     | <b>2</b>   | <b>3</b>  | <b>4</b>    | <b>5</b>     |
- 1 How do you feel about the Programme?**  
*(Please circle a number)*
- 2 How did you find the atmosphere in the group?**  
*(Please comment on whether or not you felt at ease, were able to join in, if your opinions were respected, whether you felt safe in the group, etc.)*
- 3 How well were the group sessions run?**  
*(Please say if the topics were clearly explained or not, if the sessions felt rushed/too slow/about right, whether or not you liked the leaders, etc.)*

- 4** What did you find especially enjoyable or useful about the Programme?
- 5** What did you *not* enjoy or *not* find useful about the Programme?
- 6** What do you think about:
- (a) the length of each session (2½ hours) and how these were structured?
  
  - (b) the length of the course (10 weeks)?
  
  - (c) the venue?



**7 How helpful have these parenting skills topics been?**

*(Please circle a number)*

	<i>How helpful?</i>				
	<i>Not</i>				<i>Very</i>
					
Nurturing ourselves/our children...healthily	1	2	3	4	5
Giving praise	1	2	3	4	5
Boundaries, family rules	1	2	3	4	5
Family rewards	1	2	3	4	5
Finding our inner power	1	2	3	4	5
Giving children choices	1	2	3	4	5
Building self-esteem	1	2	3	4	5
Honouring children's feelings	1	2	3	4	5
Listening to children	1	2	3	4	5
Solutions to stress	1	2	3	4	5
Solution-spotting	1	2	3	4	5

**8 How helpful have these healthy lifestyle physical activity topics been?**

*(Please circle a number)*

	<i>How helpful?</i>				
	<i>Not</i>				<i>Very</i>
					
Exploring our motivation to change/sharing changes	1	2	3	4	5
Balancing act 1: energy in and energy out	1	2	3	4	5
Using our power to help children be more active	1	2	3	4	5
Using our power to have a more active lifestyle ourselves	1	2	3	4	5
Active alternatives (to TV, etc.)	1	2	3	4	5




**9 How helpful have these healthy lifestyle food topics been?**

*(Please circle a number)*

	<i>How helpful?</i>				
	<i>Not</i>				<i>Very</i>
					
Exploring our motivation to change/sharing changes	1	2	3	4	5
Balancing act 2: Food groups "plate"	1	2	3	4	5
Shopping: Surviving at the supermarket	1	2	3	4	5
When, how and why we eat: Healthy eating habits	1	2	3	4	5
Lunchboxes and snacks	1	2	3	4	5
How much we eat: Portions sizes	1	2	3	4	5
Who's in charge of what children eat	1	2	3	4	5
Food labels	1	2	3	4	5
Healthy lifestyle vs dieting	1	2	3	4	5
Special occasions	1	2	3	4	5




**10 Do you think your child has enjoyed the Programme ?**

*(Please circle one number for each child)*

	<i>No</i>	<i>Not sure</i>	<i>A bit</i>	<i>Definitely</i>	<i>A lot</i>
					
CHILD A	1	2	3	4	5
CHILD B	1	2	3	4	5
CHILD C	1	2	3	4	5




**Please say what you think they liked/did not like about it.**

**11 Have you noticed any changes in your child as a result of the Programme?** *(Please circle one number for each child)*

	<i>No</i>	<i>Not sure</i>	<i>A bit</i>	<i>Definitely</i>	<i>A lot</i>
					
CHILD A	1	2	3	4	5
CHILD B	1	2	3	4	5
CHILD C	1	2	3	4	5




**Please say what has changed.**

**12 Do you think the Programme has helped you and your child to tackle his/her weight difficulty?** *(Please circle one number for each child)*

	<i>No</i>	<i>Not sure</i>	<i>A bit</i>	<i>Definitely</i>	<i>A lot</i>
					
CHILD A	1	2	3	4	5
CHILD B	1	2	3	4	5
CHILD C	1	2	3	4	5




**Please say how you have tackled it.**

**13 Do you think the Programme has helped the rest of the family?**

<i>No</i>	<i>Not sure</i>	<i>A bit</i>	<i>Definitely</i>	<i>A lot</i>
				
1	2	3	4	5

**If it has helped, please say in what ways.**

**14 Would you recommend the Programme to other families?**

<i>No</i>	<i>Not sure</i>	<i>A bit</i>	<i>Definitely</i>	<i>A lot</i>
				
1	2	3	4	5

**15 Please add any other comments and suggestions about the Programme.**

**THANK YOU VERY MUCH**