



RESEARCH PROJECT ON HEALTH AND WELLNESS FAMILY-BASED VOLUNTEERS

SEEKING PARENTS OF CHILDREN WITH DISABILITIES AGES 6 to 18

Are you looking for ideas about:

- ♥ How to get your child to eat his veggies?
- ♥ How to promote physical activity for your child?
- ♥ How other families are able to encourage healthier behaviors for *their* children with disabilities?

Raising kids with special health care needs to be healthy and fit is a challenge for families. The Family Matters Project, funded by the Centers for Disease Control and Prevention, is developing ideas and materials to make your job easier. And your ideas and involvement will help us learn crucial information about how families are facing and meeting these challenges.

Would you like to receive, all at no cost to you:

- ♥ Information?
- ♥ Family materials for children with special health care needs?
- ♥ A chance to work with a mentor parent to share ideas?, and
- ♥ Regular support by phone or email at convenient times for you?

Families and professionals will benefit from what we discover about the ways families use available information about kids' health and how they may adjust it for their children and youth with special health care needs.

Family Voices and Tufts School of Medicine invite you to participate by contacting

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