An individualized, strengths-based intervention for families to support children's health and school readiness.

- Takes place in the clinic or your home
- Family-centered
- Helps you reach your goals for your family

Our Mission
Caring for children and supporting healthy behaviors can be challenging for parents and caregivers. The REACH Institute at Arizona State University has partnered with the Avondale community to provide a family support program called the Family Check-Up 4 Health. We are committed to serving the whole family in support of the child.

The Family Check-Up 4 Health Team

Promoting child health and school readiness

An individualized, strengths-based intervention for children's health
The Family Check-Up 4 Health helps parents overcome the everyday challenges they face while supporting their children’s health, well-being, and school readiness. It is based on a program that has proven to:

- Reduce behavior problems
- Improve diet and physical activity
- Increase effective parenting
- Reduce parent’s depression

Everyday Parenting

A step-by-step guide to strengthen effective parenting tools, such as:

- Positive behavior support
- Effective limit setting
- Monitoring child behavior
- Family communication
- Problem-solving
- Relationship-building

The Family Check-Up 4 Health includes:

1. An Interview: to give us a sense of how things are going for your family
2. A feedback session: where we share the results of the interview with you
3. The rest is up to you! We will offer you follow-up sessions to:
   - connect you with resources you want
   - give you some coaching on parenting tools that will make your job as a parent easier

“The Family Check-Up taught me to be more of a listener, be more understanding.”
– Parent testimonial

Research

- The Family Check-Up 4 Health service is provided for free as part of an ongoing research study.
- Because it’s a study, not everyone who completes an interview will be offered the Family Check-Up 4 Health program.
- But everyone who completes an interview will receive compensation for participating in the research.
- Your participation in the study is completely voluntary.

Contact us!

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