

13. Significance for Family Literacy Learners

Health literacy and family literacy blend extremely well. Family literacy classes are an ideal forum for parents to express concerns, exchange ideas and resources, and help one another problem-solve on health and health care issues, all while developing literacy and communication skills. Parents' high interest in these topics will help them be motivated learners. Some examples of health topics that might come up during family literacy classes are:

- Immunizations children need
- How to access health care and coverage for one's children
- Children's emotional, physical and cognitive development
- Nutrition
- Medication safety, especially using correct adult and child doses
- Preventive care
- How to advocate for children in the health care system
- Family dental health
- Vision and hearing health and local resources
- Family mental health
- Stress management
- Healthy communication within the family
- Managing problems in bicultural families
- Parenting practices, such as modes of discipline (e.g., practices that are accepted as good discipline in one culture may be construed as child abuse in mainstream U.S. culture)
- Women's health, and prenatal and post-natal healthcare
- Sex education, sexually transmitted diseases, and the influence of U.S. media and peer pressure on children's sexuality in opposition to cultural beliefs and practices taught within the family
- Domestic violence and what protection and supports are available for victims (adults and children) in the United States
- Learning disabilities, such as Attention Deficit Disorder and Attention Deficit Hyperactivity Disorder