



Family Health and Child Well-Being

Host Instructions

Thank you for hosting this conversation!

Here is an outline of what to expect and how to follow this host guide.

Overview

1. Welcome guests when they arrive
2. Introduce the topic by reading the Summary
3. Read What to Expect
4. Read the Ground Rules
5. Introductions (5–10 mins)
6. Question 1 (10–20 mins)
7. Question 2 (10–20 mins)
8. Question 3 (10–20 mins)
9. Wrap up & next steps

Total time needed:
1–1.5 hours

Timing varies based on the number of participants.

Break into small groups of 4–8 people if you have a large group.

Have any questions?

In our online knowledge base you'll find:

- Host FAQs
- Facilitation tips
- Online hosting tips
- In-person hosting tips

See these and more at:
about.inclusivv.co/host

Welcome

A conversation about protecting the well-being of Georgia's children by nurturing family physical and mental health.

Summary

To truly support children, we have to consider the health and well-being of the whole family. Physical health is key to quality of life, yet it can greatly depend on access to quality health care and nutritious food — essentials that are not equally available to all families. Mental health is just as critical for families to thrive. Families experiencing mental health challenges can lead to difficulty for their children, from low self-esteem and instability, to trouble with future employment, relationships and parenting their own children.¹ This conversation explores how we as a community can nurture child well-being by strengthening family health and wellness.

What to Expect

Together we'll explore three big questions that take us on a journey of shared learning. No one is expected to be an expert, but everyone is invited to participate by sharing their experience and ideas. With each round of questions, we'll all have the opportunity to share. My role as host is to help ensure everyone's voice is heard and that we end on time. Before we begin, let's review and agree on the ground rules.

Ground Rules

Our ground rules help create a brave space where we honor what is shared and learned in this conversation. By joining this conversation you agree to:

- Listen With Curiosity
- Engage With Empathy
- Appreciate Authenticity
- Respect Those With Lived Experience
- Enjoy Yourself!



Host Tips

Start With Introductions

“Let’s get started with the introduction question.”

Read the question and copy and paste it into the chat (if hosting online).

Feel free to go first and kick things off!

Moving to the Next Question

Once everyone who wants to has shared, transition to the next question:

“Now that we all know each other a little better, we’ll move on to Question 1.”

Read the question and copy and paste it into the chat starting from Question 1 through the bolded question.

Repeat this process until each question has been addressed.

Wrapping Up

After everyone has shared on the final question (or if you are out of time) read the text under “What’s Next” and add any other specifics you are aware of related to your group.

Ask to take a screenshot or a photo of the group to capture the moment and encourage people to share the impact of this conversation with friends, peers and colleagues.

Introductions (1-2 minutes per person)

Share your name, where you’re from, and a health or wellness tip that has made a difference for you or your family.

Question 1: (2–3 minutes per person)

Mahatma Gandhi once said, “It is health that is real wealth and not pieces of gold or silver.”

What do health and wellness mean to you? If you feel comfortable sharing, how have your health and overall wellness affected your success or your quality of life?

Question 2: (3–4 minutes per person)

Good family health requires access to healthy food, quality health care, and behavioral health support (such as mental health or substance use services).

How can mental health and physical health issues affect a child’s life? And what are the long-term impacts of not addressing both mental health and physical health for children and families?

Question 3: (3–4 minutes per person)

Georgia’s Child Abuse and Neglect Prevention Plan has laid out key strategies that can really make a difference for family health. These include: access to affordable health coverage, expanded tele-health services, improved maternal and infant health care access, a focus on adequate nutrition and more.

If you had one wish for the wellness of families in Georgia, what would it be? What actions can you, your lawmakers or your community take to bring this closer to reality?

What’s Next?

Thank you for sharing your stories, values and vision. Next, you will receive an email with next steps and an opportunity to share feedback. This conversation is just one of many in the Georgia Family and Child Well-Being Series. We encourage you to host or attend another topic and invite others as well.