

1.12 Health Literacy Significance for Special Populations: Family Literacy Learners

Health Literacy and Family Literacy: A Good Combination

Family literacy classes can be a comfortable, safe forum for parents to ask questions and share concerns, ideas, resources, and problem-solving on health and health care issues their families experience. Parents have high interest in a wide variety of health topics and health care communication scenarios.

Possible Topics for Health Literacy Education

- How to access care for family members, including medical, dental, vision, and hearing care resources
- First aid
- Different levels of care (e.g., primary, urgent, emergency)
- Children's emotional, physical, and cognitive development
- Nutrition
- Medication safety
- General information on immunizations
- Preventing communicable diseases
- Learning disabilities
- Talking about substance abuse with kids
- Emergency preparedness for families
- How to communicate with your child's pediatrician
- Advocating for your family's needs in health care
- Stress management for kids and parents
- Healthy communication within families
- Challenges of biculturalism and immigration on family relationships
- Women's health

Also see topics for **elderly learners** (1.10) and **sandwich generation learners** (1.12).



Resources

[Family Literacy Foundations: Family Literacy and Health](#)

This training module for literacy and health care practitioners was developed by the Centre for Family Literacy in Alberta, Canada.

[Family Health and Literacy: A Guide to Easy-to-Read Health Education Materials and Websites for Families](#)

Julia McKinney and Sabrina Kurtz-Rossi developed this guide for World Education in collaboration with the National Institute for Literacy, through a MetLife Foundation grant. [h](#)

[KidsHealth](#)

[MedlinePlus: Children and Teenagers](#)

[Fairfax County Family Literacy Curriculum: Health Module \(Navigating the Healthcare System\)](#)

This curriculum was written by Virginia adult ESOL educator Betsy Lindeman Wong.

