Supplementary Online Content


**eFigure 1.** Study design, intervention components, and outcomes of the Healthy Habits, Happy Homes intervention
**eFigure 2.** Example of Healthy Habits, Healthy Homes educational handout

This supplementary material has been provided by the authors to give readers additional information about their work.
eFigure 1. Study Design, Intervention Components, and Outcomes of the Healthy Habits, Happy Homes intervention

**Intervention:**
1. Home visits by health educators to support behavior and environmental changes.
2. Telephone calls by health educators to support behavior change.
3. Text messages sent by health educators to support behavior change.
4. Mailed educational materials and tools to catalyze and support behavior change.

**Control:**
1. Mailed educational materials and tools to catalyze and support behavior change.

**6-month Intervention Period**

**6-month Outcomes**

**Main Outcomes:**
1. Frequency of family meals
2. Child sleep duration
3. Child TV time
4. Presence of TV in the room where the child sleeps

**Secondary Outcomes:**
1. Change in child BMI adjusted for sex and age

**Process Outcomes:**
1. Number of home visits and calls completed
2. Parent satisfaction and perception regarding the usefulness of each intervention component

111 child/parent dyads randomized
Creating Routines In Your Home
How do I do it?

It can be hard to change family routines, but keep working on it and things will run more smoothly. Here are some ideas to get you started:

**MORNING**
Everyone needs to know what has to be done to get ready.
- Get things ready as much as you can the night before (lay out clothes, pack bags, put out breakfast bowls, etc).
- Make a list of what each family member has to do in the morning.

**AFTERNOON**
Allow playtime to get some energy out before the evening routine.
- Keep easy, healthy snacks on hand (cut-up fruit, baby carrots and dip, raisins etc.).
- Put out puzzles and coloring supplies to keep your child busy while you finish what you need to do.

**EVENING**
Eat together as often as possible and keep the TV off during meals.
- Cook extra when you have more time, then use leftovers on another day!
- Plan meals in advance to save time and money.

**BEDTIME**
Have a regular bedtime routine.
- Make the room where your child sleeps comfortable (no TV, cool, dark, nightlight, quiet music).
- Tell your child when it is time to begin their bedtime routine.
- Sing songs, tell stories, and cuddle to make going to bed easier.