

# Join HomeGrown to support lifelong well-being for your child with Down syndrome!



## What is HomeGrown?

HomeGrown is an **online program designed specifically to help families with young children with Down syndrome improve nutrition and physical activity practices at home**. Co-designed by families, content experts, occupational therapists, and physical therapists, **HomeGrown helps you discover strategies that are supported by research, practical for your family, and meaningful for your child**. This is a research study, not treatment.

## How it Works

HomeGrown's Behavioral Interventionist will guide you through the four-step process to **assess** your habits, **set goals** that fit your needs and priorities, **learn more** about strategies that work for you, and **keep it up!**

You will have access to:

- Practical ways to support your child's development
- Dozens of helpful videos and resources
- Peer-to-peer community discussion forum
- A dedicated HomeGrown coach to guide and encourage you

You will complete this process in our **Child Nutrition** or **Physical Activity** modules and select personalized goals depending on your families' interests and needs.



## Eligibility

Families are eligible to participate in the HomeGrown study if they have a child ages 2-6 years who has been diagnosed with Down syndrome.

**Complete our interest survey to learn more about joining the HomeGrown community!**



**Scan the QR code or click here to access the survey!**

 [go.homegrown@unc.edu](mailto:go.homegrown@unc.edu)

 [gohomegrown.org](http://gohomegrown.org)

 [\(984\) 208-6775](tel:(984)208-6775)



**UNC Research Study**

*This research study is funded by the National Institute of Health and led by the University of North Carolina Center for Health Promotion and Disease Prevention. IRB Number: 25-2418, IRB Email: [IRB\\_subjects@unc.edu](mailto:IRB_subjects@unc.edu)*

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