Appendix B. *Connect 4 Health* Intervention Text Messages

Self-monitoring questions
C4H: How many hours did your child sleep last night? *Please text back your response* Thanks! C4H: How many hours or minutes did your child watch or use screen media yesterday? *Please text back your response* Thanks! C4H: How many hours or minutes did your child do physical activity yesterday? *Please text back your response* Thanks! C4H: How many sugary drinks did your child have yesterday? *Please text back your response* Thanks! C4H: In the past week, have you been concerned about your child feeling nervous, sad, or worried? Please text back yes or no. Thank you. C4H: About how many times in the last week did your child eat fast food? *Please text back your response*Thanks!

Feedback messages
C4H: Well-rested kids make for happier parents, more sleep makes for better moods. 2 yr olds need 13 hrs, 3-4 yr olds 11-13 hrs & 6-12 yr olds 10+ hrs of sleep. C4H: Your child's doctor suggests less than 2 hours a day of screentime. This is time on TV, DVDs, movies, computer & video games. Handheld devices count too! C4H: There are 1,440 minutes in a day. Head outside and run around for 60 of them. You can split that time up through the day, or do it all at once. C4H: Aim for zero! Drinking 0 sugary drinks is best for kids. Give water when they are thirsty and a choice of water or lowfat white milk with meals. C4H: Make time to relax and breathe. With your child, take long, slow, deep breaths in while counting to 3. Then let the breath out slowly, counting to 3. C4H: Limiting fast food is good for everyone. If it's a regular part of your family's diet, think how to cut back on the times per month you eat it. C4H: Have you explored community resources that support your family's healthy living? Check out the Y, farmers market & more! Ask your health coach for ideas. C4H: Frozen, fresh, canned? For fruits & veggies, they're all good! Take 30 seconds and learn more: http://cookingmatters.org/tips/video-fresh-frozen-or-canned