

# Home Practice Research Project



## Select one topic:

- Stress Reduction
- Nutrition
- Exercise

1. Search online for evidence and research based information on one of the topics above. Once you find an article, summarize the article's high points and/or where you think it missed the mark. Be sure to include how you might use the information in a solution-focused way with parents.
2. Share the link to the article, along with your summary, in the online forum, discussing the central point and where you land in agreement or disagreement.
3. Explore the discoveries presented by your cohort seeking articles on similar or other topics that could be valuable to pass on to parents.