Supplemental Table 1: Participant Characteristics

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| **Age** | **Ethnicity** | **Number of children** | **Ages of children** | **FT4W Participation** |
| 38 | Latinx | 2 | 4, 11 | Interview |
| 36 | Latinx | 3 | 5, 10, 16 | Interview |
| 36 | LatinX | 1 | 11 | Interview |
| 46 | Black | 3 | 3, 10, 12 | Interview |
| 37 | LatinX | 2 | 6, 15 | Interview, workshop |
| 40 | Asian | 5 | 3, 4, 7, 16, 18 | Interview, workshop |
| 38 | LatinX | 2 | 5, 19 | Interview, workshop |
| 42 | LatinX | 3 | 4, 7, 8 | Interview, workshop, intervention |
| 45 | White | 2 | 4, 6 | Interview, workshop, intervention |
| 32 | Asian | 1 | 4 | Interview, workshop, intervention |
| Not collected | Not collected | Not collected | Not collected | workshop |
| Not collected | Not collected | Not collected | Not collected | workshop |
| Not collected | Not collected | Not collected | Not collected | workshop |
| Not collected | Not collected | Not collected | Not collected | workshop |
| Not collected | Not collected | Not collected | Not collected | workshop |
| 32 | LatinX | 2 | 5,3 | workshop, intervention |
| 34 | Asian | 1 | 4 | workshop, intervention |
| 32 | White | 1 | 3 | workshop, intervention |
| 47 | White | 3 | 7, 5, 5 | workshop, intervention |
| 24 | LatinX | 1 | 3 | workshop, intervention |