



## Family Education Materials

- 1) **Growing, Moving, Learning – Infant-Toddler Toolkit:** Developmentally appropriate activities that meet the need for helpful, fun, and meaningful experiences to support healthy eating, physical activity and health awareness. 3 volumes which include home activities and a healthy home connection section specific to age range (birth-12 months, 12-24 months, 24-36 months). Cost: FREE
  - <https://www.nemours.org/content/dam/nemours/wwwv2/filebox/service/healthy-living/growuphealthy/infanttoddlertoolkit.pdf>
- 2) **Animal Trackers:** Gives children the opportunity to learn and practice gross motor skills while incorporating animal themes within each unit. Designed for children ages 3-5. Includes 10 family take home activities. Cost: \$99.95
  - <https://healthy-start-2.myshopify.com/collections/preschool-health-education-curriculum>
- 3) **Eat Well Play Hard in Day Care Homes & Child Care Centers:** Improve nutrition and physical activity practices in daycare homes and childcare centers by communicating positive messages about eating healthy food and being physical activity to preschool aged children and their families. Includes 7 newsletters about physical activity & nutrition. Available in English and Spanish. Cost: Free
  - Day Care Homes: <https://www.health.ny.gov/prevention/nutrition/cacfp/ewphdch.htm>
  - Child Care Centers: <https://www.health.ny.gov/prevention/nutrition/cacfp/ewphccs.htm>
- 4) **Sesame Street: Healthy Habits for Life:** Fun lessons and activities that will fit in with existing routines. 3 sections which include family newsletters and handouts pertaining to physical activity and nutrition. Most appropriate for preschoolers.
  - Link to FREE curriculum: [http://cdn.sesamestreet.org/sites/default/files/media\\_folders/Images/healthy%20habits%20kit%201.pdf](http://cdn.sesamestreet.org/sites/default/files/media_folders/Images/healthy%20habits%20kit%201.pdf)
  - Link to several online videos: <http://www.sesamestreet.org/toolkits/healthyhabits>
  - Link to FREE online resource: <https://net.pbslearningmedia.org/resource/sesame-hhfl-we-have-the-moves/we-have-the-moves-physical-activity-resource-sesame-street/>
- 5) **Eat Play Grow:** Offers engaging activities, essential facts, and simple strategies to make healthy choices fun and easy to include in daily routines. Designed for children age 6 and younger. Includes parent handouts about nutrition and physical activity as well as a family health journal. Family handouts and health journal available in both English and Spanish. Cost: FREE
  - [http://cmom.org/wp-content/uploads/2017/02/EatPlayGrowTM\\_Curriculum.pdf](http://cmom.org/wp-content/uploads/2017/02/EatPlayGrowTM_Curriculum.pdf)
- 6) **Child Health Initiative for Lifelong Eating & Exercise:** Family engagement materials designed to promote healthy nutrition practices at home. 8 modules which include recipes and preparation ideas for healthy fruits and vegetables. Appropriate for children of all ages. Cost: FREE
  - <https://digitalrepository.unm.edu/prc-chile-plus/>