



These online modules are for ECE professionals in any setting.

Healthy Kids, Healthy Future



Healthy Kids, Healthy Future modules were developed in partnership with the Centers for Disease Control and Prevention and provide practical strategies for implementing best practices in early childhood settings for promoting healthy weight in young children. The series includes six lessons that cover background information for childhood obesity prevention and the five best practice goals: increase physical activity, limit screen time, offer healthy beverages, serve healthy food and support infant feeding. Visit the links below for information on the series modules.

- [Healthy Kids, Healthy Future: An Introduction](#)
- [Healthy Kids, Healthy Future: Get Kids Moving](#)
- [Healthy Kids, Healthy Future: Nurture Healthy Eaters](#)
- [Healthy Kids, Healthy Future: Provide Healthy Beverages](#)
- [Healthy Kids, Healthy Future: Reduce Screen Time](#)
- [Healthy Kids, Healthy Future: Support Breastfeeding](#)

See the status of module approval in your state at <http://bit.ly/BKCinyourstate>.

Log in to On Demand to preview the module for free.

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extension.psu.edu/programs/betterkidcare

