

BETTER · KID · CARE

On Demand Child Care Training

Featured module series:

Childhood Obesity Prevention: *Let's Move! Child Care*

Let's Move! Child Care lessons are 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.



Spanish modules available
Eligible for CEUs
Accepted for CDA

Preview this and 200+ other On Demand professional development modules for free. Just pay \$5 for a certificate of completion.

See the status of module approval in your state at <http://tinyurl.com/bkc-states>

extension.psu.edu/youth/betterkidcare