

On Demand Child Care Training

Featured module:

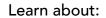
Go Healthy! It All Begins With You

Child care practitioners are important role models for the children in their care. The phrase "actions speak louder than words" is especially true for children since they watch and imitate what adults are doing. Being a healthy role model not only is important for the children but enables the care provider to have the energy and good health to meet the demands of the job. This lesson explores key concepts and actions for modeling healthy behaviors for children.











- Understand the importance of the child care provider's role in modeling healthy behaviors for children.
- Identify key health behaviors related to nutrition, physical activity, and stress management.
- Determine specific goals for improved health.
- Learn about resources that can help to support healthy choices.

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

This module was supported (in part) by the Pennsylvania Department of Health through the Preventive Health and Health Services Grant funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.

This publication is available in alternative media on request.

Penn State is an equal opportunity, affirmative action employer, and is committed to providing employment opportunities to minorities, women, veterans, individuals with disabilities, and other protected groups. Nondiscrimination: http://guru.psu.edu/policies/AD85.html

Claudia C. Mincemoyer, Ph.D., Better Kid Care Program Director 2182 Sandy Drive – Suite 204 State College, PA 16803

© 2017 The Pennsylvania State University