



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.



Learn about:

- 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.

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