

Helpful Websites for Wellness

Let's Move Childcare

<http://healthykidshealthyfuture.org>

Let's Move Childcare Resource Center

<http://www.healthykidshealthyfuture.org/content/hkhf/home/resources.html>

Favorite websites link on Let's Move Childcare site

<https://healthykidshealthyfuture.org/content/hkhf/home/resources/websites.html>

Kids Health (Parents site, Kids Site, Teen Site)

www.kidshealth.org

Preschool: Healthy Habits for Healthy Site Resource Kit

<http://kidshealth.org/classroom/index.jsp?Grade=cc&Section=hhfl>

Sesame Street Tool Kits

<http://www.sesamestreet.org/parents/topicsandactivities/toolkits/>

Sesame Street Healthy Habits for Life Tool Kit

<http://www.sesamestreet.org/parents/topicsandactivities/toolkits//healthyhabits>

Choosy Kids, LLC ~ Be Choosy Be Healthy

www.choosykids.com