



Penn State **Extension**

BETTER · KID · CARE

Resources on Health and Wellness

Better Kid Care provides resources with practical, evidence-based strategies for promoting the development of healthy children. Our online modules are available anytime you are ready to learn!

Nutrition and physical activity



Childhood Obesity Prevention:

- *Let's Move!* Child Care Introduction
- LMCC – Increase Physical Activity
- LMCC– Limit Screen Time
- LMCC – Support Infant Feeding
- LMCC – Serve Healthy Food
- LMCC – Offer Healthy Beverages

Food Allergies: Management and Prevention

Food Safety in Child Care: From Prep to Cleanup

Get Outdoors. Explore.

Healthy and Hunger Free Children:
Resources for Families

Supporting Families in Healthy Living

Super Snacks

Environmental health

Healthy Child Care Environments:

- Pest Prevention Using IPM
- Pest Treatment Using PM
- Using Green Cleaners

Keep Children Healthy and Safe:

- Air Quality
- Reuse & Recycle
- Toxins

Keeping Children Safe on Playgrounds

Your #1 Priority: Keeping Children Healthy and Safe

Safe sleep practices

A Good Night's Sleep: How Sleep Affects Health

Safe Sleep Practices for Caregivers:
Reduce the Risk of SUID

Child abuse and neglect

- Be Clear on Clearances
- Coaching and Mentoring:
Supporting Staff
- New Staff Orientation: Get Started
- Stress: Seeing With Optimism
- Resilient Caregivers: 'Bouncing Back'
from Stress

Caring for children with special needs

- Are you Ready for a Child with Special Needs?
- Help Parents and Families be Advocates for Children with Disabilities
- Helping Youth with Autism to be Successful in After School Programs
- Inclusion: Exploring the Meaning and the Mindset

Preventing spread of infectious disease

- Guiding Behavior: Responding to Biting and Teaching Sharing
- New Staff Orientation: Get Started
- NSO: Working with Infants and Toddlers
- NSO: Working with Preschoolers
- Playing Detective about Biting

Video Vodcasts

- Family Style Dining
- Healthy Practices: Hand Washing 101
- Healthy Practices: Diapering 101
- Healthy Practices: Changing Pull-ups and Soiled Underwear



Coming Soon!

- Asthma Care in Young Children*
- Cooking with Children*
- Gardening in Child Care*

Access Better Kid Care's On Demand online professional development system to:

- Create a free account
- Read the research-based lesson content
- Watch videos highlighting best practices
- Complete reflection activities
- Take the assessment
- Print your certificate of completion

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