

Healthy Lifestyles for Preschool Families Training Certificate

Viewing 13 short videos qualifies the participant for 5 training credits.

To get started, visit: Tinyurl.com/PreschoolLifestyle

Do the survey at this website and you'll receive an email with instructions on how to access the videos! This professional development series is designed for early childhood educators.

This no-cost video series, *Healthy Lifestyles for Preschool Families*, will enhance your knowledge about health topics important to preschool families. There are 13 videos, each about 10-15 minutes:

Getting Started

Growth of Preschoolers
Fuss Free Feeding
Family Meals Make a Difference
Right Size It (Portions)
Best Drinks for Families
Taming Technology

Why a Healthy Weight Matters
Cooking with Kids
Fabulous Fruits and Veggies
Breakfast—The Right Start
Time to Play
Good Night, Sleep Right

Participant will receive a signed certificate issued by
Rutgers University and University of Arizona.

The certificate will include the titles of all the videos and will qualify the participant for 5 training credits.

Each video includes an outline to print and a brief "Knowledge Check."

