

Healthy Habits to Last a Lifetime - Health Literacy Workshop Series

- **Sesame Workshop's Healthy Habits For Life**
Ready, set...let's get healthy! Encouraging healthy habits can be simple and fun. Children love to run, jump, and play, and you can help channel their natural energy into activities that keep them fit and strong.
- **Sesame Workshop's Food for Thought: Eating Well on a Budget**
FOOD FOR THOUGHT: EATING WELL ON A BUDGET is a bilingual, multimedia program designed to help support families who have children between the ages of 2 and 8 and are coping with uncertain or limited access to affordable and nutritious food.
- **This Emotional Life - Early Moments Matter**
Early Moments Matter was designed to provide parents and caregivers information and activities that encourage healthy, two-way relationships with infants and young children.
- **Fit as a Fiddle - Exercise and Nutrition**
This workshop consisted of teaching parents and children how to make healthy food choices and exercise decisions. Share quick recipes for healthy snacks from PBS Parents and enjoy fun activities from the PBS Kids - Fizzy's Lunch Lab. Get creative about how to get their kids moving at home and eating healthy with the new USDA's My Plate resource.
- **Sesame Workshop's Healthy Teeth, Healthy Me**
Caring for young children's teeth is an important part of keeping their bodies healthy—and it's never too early to get started! Strong first or baby teeth set the stage for strong permanent teeth, and help children play, learn, and grow. These tips and tools were designed to help you and your child care for her teeth together
- **Sesame Workshop's A is for Asthma**
Millions of young children have asthma. However, children with asthma can lead healthy, active lives. The key is following a plan to control your child's asthma and prevent attacks. Knowing the facts and being prepared will help keep your child healthy - and allow everyone to breathe a little easier.
- **A Place of Our Own's Positive Parenting & Conflict Resolution**
Many children in the United States use force as a first option when they encounter conflict. What can you do to teach children other options? Join this workshop to discover options for positive parenting and conflict resolution.
- **Exploring Pro-Social Skills and Strategies with Daniel Tiger from PBS**
Explore the resources available from Daniel Tiger's Neighborhood, a new animated series from PBS KIDS for preschoolers aged 2-4, based on the legacy of Fred Rogers, where Daniel Tiger and his friends learn the key social skills necessary for school and for life through imagination, creativity and music.