



## **Smart Start FOCUS Packet**

### ***Health Matters***

**The First 1,000 Days: Nourishing America's Future** (1,000 Days, 2016)

<http://thousanddays.org/resource/nourishing-americas-future/>

**Healthy from the Start** (Zero to Three, 2006)

<https://www.zerotothree.org/resources/352-healthy-from-the-start>

Spanish: <https://www.zerotothree.org/resources/351-saludable-desde-el-comienzo>

**The Facts on Five** (Nemours, 2010)

<https://www.nemours.org/content/dam/nemours/www/filebox/service/preventive/nhps/resource/fivetwoone/5tipsheetparent.pdf>

**MyPlate Daily Checklist: 1,200 calories for ages 2-3** (USDA, 2016)

<https://www.choosemyplate.gov/MyPlate-Daily-Checklist>

**Healthy Habits for Life** (Sesame Workshop, 2008)

[http://www.sesamestreet.org/sites/default/files/media\\_folders/Images/healthy%20habits%20for%20life.pdf](http://www.sesamestreet.org/sites/default/files/media_folders/Images/healthy%20habits%20for%20life.pdf)

**Preschooler Physical Activity** (Healthy Way to Grow, n.d.)

<http://www.healthywaytogrow.org/index.php/pdf-documents/preschooler-physical-activity-2/>

Spanish: <http://www.healthywaytogrow.org/index.php/pdf-documents/actividad-fisica-de-ninos-en-edad-preescolar/>

**Celebrations in Early Care and Education Settings** (Healthy Way to Grow, n.d.)

<http://www.healthywaytogrow.org/index.php/pdf-documents/celebrations-2/>

Spanish: <http://www.healthywaytogrow.org/index.php/pdf-documents/celebraciones-en-entornos-de-cuidado-infantil-y-educacion/>

**Be Active and Have Fun** (We Can!, n.d.)

[http://www.nhlbi.nih.gov/health/educational/wecan/downloads/tip\\_physical\\_activity.pdf](http://www.nhlbi.nih.gov/health/educational/wecan/downloads/tip_physical_activity.pdf)

Spanish: <http://www.nhlbi.nih.gov/health/educational/wecan/downloads/la-actividad.pdf>

**Help Your Kids Reduce Screen Time and Move More** (We Can!, n.d.)

<http://www.nhlbi.nih.gov/health/educational/wecan/downloads/reduce-screen-time.pdf>

Spanish: <http://www.nhlbi.nih.gov/health/educational/wecan/downloads/reduzca.pdf>

**Choose Your Family's Healthy Adventure** (We Can!, n.d.)

<http://www.nhlbi.nih.gov/health/educational/wecan/downloads/healthy-adventure.pdf>

Access FOCUS Packet resources online at [www.smartstartalabama.org/resources/?pageID=39](http://www.smartstartalabama.org/resources/?pageID=39)