

RAISING HAPPY & HEALTHY KIDS



For Expectant & Preschool Parents

This series includes 3 presentations, each 20 to 30 minutes long. We hope the information will help you to slowly make changes for the health of your family.

Videos:

1. Introduction & General Parenting Tips (Nutrition & Physical Activity) by Deb Fisher, MS, RN
<https://youtu.be/LkU1Kck1MTE>
2. Nutrients that Infants & Preschoolers Need; Sugar Content in Drinks by Lauren Bath RD
<https://youtu.be/D0K18g9oCWg>
3. How to Exercise at Home with Your Kids by Alma Dhuyvetter & YMCA, Hardyston, NJ
<https://youtu.be/YHLvvbltmYs>



Courtesy of Sussex County Child Health Crisis (Obesity) Workgroup
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