

LET'S TALK, READ AND SING ABOUT HEALTHY HABITS

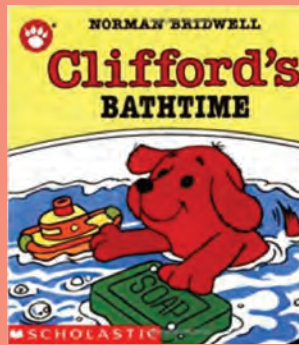
BOOK AND VIDEO RECOMMENDATIONS FOR YOUNG CHILDREN

BOOKS

Clifford's Bathtime

By: Norman Bridwell

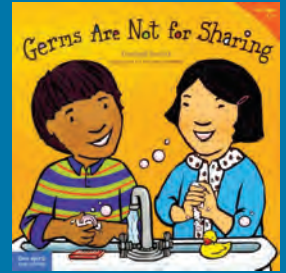
Clifford the puppy doesn't want to take a bath, but as soon as he gets in the tub, he finds out how fun bath time can be! How can you and your child have fun during bath time?



Germes Are Not for Sharing

By: Elizabeth Verdick and Marieka Heinlein

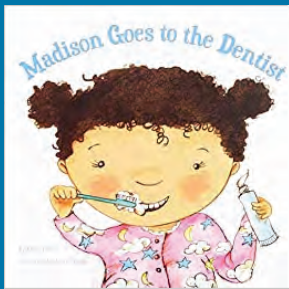
Germes are not for sharing! This friendly board book teaches young children how to stay clean and healthy: cover up a sneeze or cough, blow kisses when you are sick, and most importantly, wash your hands! This book also includes tips for parents and caregivers on how kids can stay healthy.



Madison Goes to the Dentist

By: Molly Fields

It's important to keep your teeth clean! This colorful and bilingual book will teach your little one how to keep teeth clean, as well as what to expect when visiting the dentist.



Eating Well!

By: Jess Stockham

Did you know that both people and animals eat some of the same healthy foods, like oats, fruit, and fish? This story explores the different tastes and flavors that children can enjoy. The book comes with interactive flaps – flip them over to find hidden pictures!



Eating the Rainbow

By: Patricia Barrera Boyer

Ceci only eats a few plain foods. When her grandmother takes her to the grocery store and suggests they eat a "rainbow" she is introduced to a whole new world of healthy food choices. Talk to your child about their favorite colorful fruits and veggies!



VIDEO

Talk About Healthy Foods

One of the most important healthy habits to teach your little one is eating healthy foods! As your child munches on fruits, veggies, or other healthy snacks, talk about what the foods taste, feel, and look like. "Is your yellow banana sweet? Soft?" Learn more ways to talk about healthy foods [here](https://www.talkingisteaching.org).

For more tips and information, please visit: www.talkingisteaching.org

