



Step it Up! The Keys to Eating Well and Playing Hard in Family Day Care Homes



2015 Childhood Obesity Conference
July 2, 2015
9:30–11:00 AM



Learning Objectives



- ▶ Recognize that family child care providers are change agents for health and wellness in children.
- ▶ Understand the value of the coaching and mentoring relationship to sustain change.
- ▶ Learn how to improve the nutrition, mealtime, and physical activity in family care homes.