

# Healthy Living & Learning

Resources for child care  
and K–12 programs



**Your child.  
Our promise.**

Nemours Children's Health System offers resources on wellness and prevention, nutrition and early literacy for teachers, parents and students to ensure the best possible health and learning outcomes for children. These tools are available across digital, print and training platforms, and many are free.

Nemours has been providing pediatric care for more than 75 years. To us, caring for children is about more than life-changing medical attention and research – it's about helping kids grow up healthy.

**Kathy Ingram**, director, Multi-Sector Development, directs Nemours resources for school and child care programs. Please contact her at (904) 697-4191 or [kathy.ingram@nemours.org](mailto:kathy.ingram@nemours.org), to talk through your needs and available Nemours resources.

## HEALTH EDUCATION, NUTRITION & PHYSICAL ACTIVITY

### Help and Resources for PreK-12 Educators

*KidsHealth in the Classroom* offers educators free health-related lesson plans for preschool through 12th grade. Each Teacher's Guide includes discussion questions, classroom activities and extensions, printable handouts, and quizzes with answer keys — all aligned to National Health Education Standards. Visit: [classroom.kidshealth.org](http://classroom.kidshealth.org)

### Tools for Child Care and Early Education Providers

Join thousands of child care and early education providers helping kids develop healthy habits for life. Visit [healthykidshealthyfuture.org](http://healthykidshealthyfuture.org) to find tools and materials around healthy eating, physical activity, screen time, and breastfeeding support and make an action plan for meeting best practices.

### Nurture Healthy Habits for Life

Wellness policy helps child care providers create an environment that nurtures healthy habits for life. Nemours created a booklet that defines why a wellness policy is important in the child care environment. It also gives recommendations on nutrition and activity standards, implementation, and measures for long-term positive outcomes.

### Empower Teens to Navigate the Health Care System

Nemours has developed a health unit called *Navigating the Health Care System* to engage, educate and empower teens to be their own health care advocates. Instructors can be trained on the entire four-module unit via a 1- to 1.5-hour webinar. Trainers will review the modules in detail, highlighting key points, activities and health care themes.

## EARLY LITERACY

### Preparing the Youngest Learners Nemours Reading BrightStart! Language and Literacy Toolkits for Infants and Toddlers

**(Birth to 16 months and 16–36 months):** This system includes flexible and developmentally appropriate materials that help infant and toddler caregivers teach critical language and literacy skills. The Infant and Toddler Toolkits promote development, strengthen relationships, and build vocabulary. The combination of activities, books and sensory materials provide a strong framework caregivers need to prepare our youngest learners for future school readiness.

### Cutting-Edge Curriculum for the Preschool Classroom

**Nemours BrightStart! The Complete Program for Early Literacy Success, Level One and Level Two:** This supplemental language and literacy program uses an exciting multisensory approach to enhance instruction in preschool and kindergarten classrooms. The program, based on proven research strategies and best practices, promotes foundational literacy skills for emergent and beginning readers.

### Help Parents Keep Their Young Child on Track

*Nemours Reading BrightStart!* is a great way for parents to learn about milestones that support reading readiness. Our free screener helps parents discover where their child is on the path to reading success and connects them to books and activities for their child's age and skill level. Learn more at [readingbrightstart.org](http://readingbrightstart.org).

### Training to Nurture Reading Success

Putting educators on the cutting edge of early literacy, Nemours Reading BrightStart! conducts curriculum training and professional development workshops on best practices that prepare young children for reading success. All professional development courses incorporate adult learning principles designed to give you knowledge and skills to apply immediately to your work setting.

## HEALTH CARE MANAGEMENT

### Expert Care for Students Without Leaving School

School-based telemedicine from *Nemours CareConnect* helps keep kids healthy and in school with on-demand video visits from pediatric specialists. *CareConnect* reaches kids where they are, in schools, using secure, high-quality online video and audio. With prompt, specialized care, children return to the classroom faster. A record of the *CareConnect* visit is provided for their primary care physician and/or medical home.

### Conveniently Connect to Student Health Records

*NemoursLink* is an easy-to-use, Internet-based tool that lets community providers and school nurses connect to Nemours from their offices. With *NemoursLink*, designated individuals in a school or child care program can securely access select portions of their students' medical records electronically (with prior parent consent). Learn more at [nemours.org/nemourslink](http://nemours.org/nemourslink).

The logo for Nemours, featuring the word "Nemours" in a blue serif font with a red swoosh underneath.

Children's Health System