Infant and Toddler Physical Activity Resources
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Alabama Department of Public Health: Building a Healthy Start Program http://www.adph.org/healthystart/

ECELS/Healthy Child Care PA www.ecels-healthychildcarepa.org, (800) 243-2357
Moving and Munching Self-Learning Module and other resources. Search Infant or toddler physical activity.

Growing, Moving, Learning Infant Toddler Toolkit
This toolkit includes developmentally appropriate activities that promote physical activities and healthy eating for infants and toddlers. It provides activities to do in the classroom and at home.

Head Start: Early Childhood Learning and Knowledge Center (ECLKC) http://eclkc.ohs.acf.hhs.gov
2. Caring Connections Podcasts: Eight podcasts with audio and/or video, each ranging between eight and fourteen minutes. It is a curriculum for infants and toddlers that provides guidance and strategies for supporting infant and toddler development and learning. Search title.
3. I Am Moving, I Am Learning (IMIL): Search title. Seeks to increase daily moderate to vigorous physical activity (MVPA) and improve the quality of movement activities intentionally planned and facilitated by adults.

Keystone Kids Go! http://panen.org/keystone-kids-go
Pennsylvania initiative focused on improving young children’s nutrition and physical activity. Includes Keystone Color Me Healthy and physical activity toolkit and numerous other resources.

Let’s Move Child Care www.healthykidshealthyfuture.org/welcome.html
1. Best Practices for Physical Activity Guide- physical activity tips and resources
2. Building the Foundation for Moving and Learning: Fifteen slides that emphasize physical senses and movement milestones for physical activity practices for infants and toddlers. To locate: search the title at the website, scroll to 13-infanttoddlers-061313.ppt
3. Go Smart and Go Smart app: to bring movement back into the daily lives of young children. The Go Smart app is a “coach in your pocket” that showcases fun physical activities for children up to age five.

National Resource Center for Health and Safety in Child Care and Early Education http://www.nrckids.org/
1. CFOC3 Collection: Caring for Infants and Toddlers in Early Care and Education (I/T) www.cfoc.nrckids.org I/T is a collection of 232 nationally recognized health and safety standards
2. Motion Moments: Videos demonstrating how to incorporate physical activity for infants and toddlers into your program. Provided In English and Spanish. Search title

Nemours Health and Preventive Services www.nemours.org 1-888-494-5252
2. Sesame Street “Healthy Habits for Life” Child Care Resource Kit
To locate select Healthy Living, Grow up Healthy/Physical Activity, Educator, Helpful Resources

Shape America: Society of Health and Physical Educators www.shapeamerica.org
Physical activity resources and guidelines. Search Infant or Toddler for information

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