

NEW

Building a Foundation for Healthy Active Living

Free Online Educational Modules for Pediatric Healthcare Providers

Did you know few toddlers are meeting nutrition and active play recommendations?

The first two years of life are a critical window to establish and grow healthy habits. In these self-paced modules, learn the latest about how to support families with developmentally appropriate healthy active living right from the start. This revised education aligns to the new 2024 Clinical Report, *The Role of the Pediatrician in the Promotion of Healthy, Active Living*.

As learners, by the end of the course, you will be able to:

- Identify key protective behaviors that are associated with positive health outcomes.
- Understand the value and role pediatricians and pediatric health care providers can play in supporting the adoption of healthy feeding, activity and routines.



3

AMA PRA Category 1 Credits™
& MOC Part 2

Free

Key Topics Include:

- Breastfeeding
- Food Introduction
- Responsive Parenting
- Hunger & Satiety
- Physical Activity
- Bottle Feeding
- and more!

Register Here!



American Academy of Pediatrics
Institute for Healthy
Childhood Weight

• AAP designates this enduring material for a maximum of 3.0 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.
• This activity is acceptable for a maximum of 3.0 AAP credits. These credits can be applied toward the AAP CME/CPD Award available to Fellows and Candidate Members of the American Academy of Pediatrics.
• PAs may claim a maximum of 3.0 Category 1 credits for completing this activity. NCCPA accepts AMA PRA Category 1 Credit(s)™ from organizations accredited by the ACCME or a recognized state medical society.
• This program is accredited for 3.0 NAPNAP CE contact hours of which 0 hrs contain pharmacology (Rx) content, (0 related to psychopharmacology) (0 hours related to controlled substances), per the National Association of Pediatric Nurse Practitioners (NAPNAP) Continuing Education Guidelines.

Building a Foundation for Healthy Active Living

Resources to Support Optimal Nutrition, Activity & Responsive Relationships

Social Media Assets

A Tweet Bank and a set of social media graphics on critical feeding practices and early obesity prevention are also available for you to use! These tools are ideal for platforms you use to engage with families, especially a practice page on social media or an education tab on your website.

Did you know? Crying doesn't always mean your baby is hungry. Try to figure out why she is crying before rushing to feed her.



Babies make funny faces while they eat!

Don't let these faces fool you into thinking they don't like it — keep offering those healthy foods.



www.healthych

Almost 99% of the food commercials children see are for unhealthy foods. To make healthy choices easier, limit your child's exposure to commercials.



Most 2-year-olds eat more sweet and salty snacks than fruits and veggies.

Give your child fruits and veggies at every meal — and snack time, too!



www.healthychildren.org/growinghealthy



Engaging Families through Media

Pediatricians and other healthcare providers can utilize these brief and engaging videos to educate families about key healthy active living behaviors.

Healthy Habits for You and Your Baby: Responsive Feeding:



Healthy Habits for You and Your Baby: Introducing Solid Foods:



Healthy Habits for Your Children: Tips for Feeding Picky Eaters:



Additional Resources

There is a series of 5 infographics available in multiple sizes, to be used as handouts or posters in your office to support patients in the following topics:

- Making the Most of the First 2 Years
- Responsive Feeding
- Breastfeeding
- Complementary Food Introduction
- Picky Eating

These resources and more can be found on our website at ihcw.aap.org.



Questions? Contact: Obesity@aap.org

