



Parent Introduction to 123 a Healthy Me

Hi, I'm Shanita Fields, a Health Educator with the Montgomery County Office of Public Health.

I am so excited to announce that this school year we will be partnering with the MCIU to bring virtual education about nutrition and physical activity.

Last year we piloted the 123 a Healthy Me Program in 5 MCIU preschool classrooms. This year we will be able to offer this program to ALL of the MCIU preschool classrooms through pre-recorded videos.

Each month we will discuss a different health related topic. These videos will provide a short lesson and an activity for the kids to participate in while watching.

But parents we didn't want to leave you out, so guess what?! We have a little something for you too!

Every month, we will have pre-recorded parent extension lessons where we will give you fun and easy things that you can do at home with your kids to reinforce what was learned in their lesson.

We truly believe that it is important for preschool children to be exposed to healthy behaviors early on so that they are more likely to make healthy decisions as they grow.

However, we also understand that while we as health educators and teachers can influence kids to want to make healthy decisions, it's ultimately up to their caregivers to create a culture and environment that allows for that at home.

So the 123 a Healthy Me program is not just for kids. It's for the entire family!

And what better time to focus on the health and well-being of our families, then now?

So I hope that you will tune in to the videos and I'm looking forward to bringing health education to you and your family.