



Healthy Habits: Nutrition and Well-Being for Young Children

This **Family Child Care at Its Best** workshop focuses on supportive communication and participation in activities to help children develop behaviors that lead to healthy living, making food choices, maintaining personal safety, and oral health.

May 14, 2022 — 9:00 am – 2:00 pm

Presented by: Sheila Smith, WestEd

This workshop will be presented via Zoom, in English. The Zoom link will be emailed to registrants one week prior to the workshop.

To register for this **NO COST workshop**, or for more information

Visit:

<https://www.caregistry.org/index.cfm?module=trainingEventDetails&trainingId=3908&eventId=35993>

Call: Gladys Reyes at (650)-517-1400

Email: greyes@sanmateo4cs.org



Family Child Care at Its Best Early Learning and Care Workshops are intended for licensed and license exempt child care providers, family, friend, and neighbor, and other providers who care for mixed aged children.

Funded by The California Department of Social Services, Administered by WestEd