



Capital BlueCross

Raising Healthy Children *Collection*

Parents

GENERAL

From Kid to Superkid: Set Your Family on the Path to a Junk-Food Free, Healthy Future

Paul Sacher & Kate McBain613.2083 S

HEALTHY EATING

Ending the Food Fight: Guide Your Child to a Healthy Weight in a Fast Food/Fake Food World

David S. Ludwig & Suzanne Rostler618.923 L

Kids' Healthy Lunchbox: Over 80 Delicious and Nutritious Recipes for Children of All Ages

Cara Hobday641.53 H

EXERCISING

Fit Kids: A Practical Guide to Raising Active and Healthy Children – From Birth to Teens

Mary L. Gavin, Steven A. Dowshen,
and Neil Izenberg613.7 G

SPANISH

Gordito Doesn't Mean Healthy: What Every Latina Mother Needs to Know to Raise Fit, Happy, Healthy Kids

Claudia Gonzalez & Lourdes Alcaniz618.923 G

Children

SPANISH

Germenes en Tus Manos! (Germs on Their Fingers!)

Wendy Wakefield FerrinJFL 613.4 F SP

GENERAL

My Amazing Body

Pat Thomas & Lesley Harker.....612 T

Oh, the Things You Can Do that are Good for You!

Tish Rabe613 R

EXERCISE

Get up and Go!

Nancy L. Carlson.....JP C

Franklin Rides A Bike

Paulette BourgeoisPP BOU

The Yoga Adventure for Children: Playing, Dancing, Moving, Breathing, Relaxing

Helen Purperhart.....643.7046 P

The Busy Body Book

Lizzy Rockwell.....612 R

Real Fitness: 101 Games to Get Girls Going!

American GirlJ 790.194 R

NUTRITION

Healthy Snacks with Blue!

J-P.P. Chanda.....PP CHA

DOCTOR/HOSPITAL

Blue's Checkup

Sarah Albee.....PP A

Franklin Goes to the Hospital

Paulette Bourgeois & Brenda ClarkPP BOU

It's Check-up Time Elmo!

Sarah AlbeePP ALB

HEALTH

Making Healthy Choices: A Story to Inspire Fit, Weight-Wise Kids (Boys' Edition)

Merilee A. Kern.....J KER

Making Healthy Choices: A Story to Inspire Fit, Weight-Wise Kids (Girls' Edition)

Merilee A. Kern.....J KER

Impatient Pamela Learns About Germs

By: Sarah OverlandJ OVE

The Monster Health Book

Edward Miller.....613.7



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