

*Please note: The following content is not an endorsement for any book title listed. As with any book for young children, it is highly suggested that the caregiver previews the book prior to reading to children.*

*The following content was adapted from:*

- *Let's Move! Child Care—Recommended Books:* <https://healthykidshealthyfuture.org/5-healthy-goals/classroom-activities/recommended-books/>
- *5-2-1-0 Let's Go!—Child Care Suggested Books List:* <http://www.letsqo.org/wp-content/uploads/Suggested-Booklist-for-Child-Care-Programs.pdf>

## ***Active Play***

- ***Shake a Leg! (Sesame Street — Big Bird's Favorite Board Books)* by Constance Allen**  
Toddlers will have a good giggle as the Sesame Street monsters try different routines to get in shape.
- ***Maisy's Nature Walk: A Maisy First Science Book* by Lucy Cousins**  
It's a beautiful day, and Maisy is setting out on a nature walk. Little readers can pull the tabs to see a yellow flower unfurl, a snail poke out of its shell, a frog leap and more.
- ***Walk On! A Guide for Babies of All Ages* by Marla Frazee**  
Trying something new is never easy. Like walking, for instance. This handy guide, both practical and inspirational, is here to help.
- ***Wiggle Waggle* by Jonathan London**  
Jump up and dance along with camels, horses, and kangaroos in their lively animal parade.
- ***On the Go! (Just Like Me!)* by Jess Stockham**  
Animals move by stretching, jumping, and climbing, and readers can flip the pages to see babies doing similar actions.
- ***From Head to Toe* by Eric Carle**  
Interactive story invites children to imitate animal movements.
- ***Get Moving with Grover (Sesame Street) (Happy Healthy Monsters)* by Random House**  
Grover and Elmo show young readers that being fit can be fun, encouraging exercises involving jumping over, running around, and dancing around the book itself.
- ***Animal Exercises* by Mandy Ross**  
A collection of poems describes how animals keep fit, strong, and healthy.
- ***Doing the Animal Bop* by Jan Ormerod**  
Various animals dance to the animal bop, including ostriches, elephants, and monkeys. Includes a music CD.



# ***ChildcareAlive!:***

## ***Suggested Books***

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### ***Screen Time***

- ***The Berenstain Bears' Computer Trouble* by Jan and Mike Berenstain**  
When Papa brings home a computer, the whole family is excited. Suddenly everyone is spending all day on their computer. It's up to Papa to get the family off the computer and back into the real world.
- ***The Berenstain Bears and Too Much TV* by Jan and Mike Berenstain**  
Papa, Brother, and Sister have a new favorite hobby . . . watching TV. But when Mama feels like they are missing out on all the wonderful things around them, she makes a plan to get them away from the TV and into the outdoors.
- ***When Charlie McButton Lost Power* by Suzanne Collins**  
Charlie McButton likes computer games so much, he never plays with anything else. When a thunderstorm knocks out the electricity, Charlie finds alternative ways to have fun.

### ***Breastfeeding Support***

- ***Ready to Wean: The Return of the Dangling Red Earrings* by Elyse April**  
*Ready to Wean* is for mothers and nursing children, to help them both communicate their deep love and respect for one another.
- ***What Baby Needs* by William Sears**  
This book tells older siblings what it's like to have a newborn baby and how they can help to care for the baby.
- ***Mama's Milk Is All Gone* by Ann Vernon**  
The book recognizes the breastfeeding relationship children share with their mother and how after weaning they have many different ways that they fill their physical and emotional needs.
- ***Best Milk* by Kate Carothers**  
This book helps explain and normalize breastfeeding by talking about how animals nurse and how breastfeeding can happen anywhere.
- ***Mama's Milk* by Michael Elsohn Ross**  
Celebrating the warm and loving bond between mammal mamas and their babies, this lushly illustrated, lyrical book shows little ones doing what comes naturally: nursing. A perfect choice for cuddling up with a breast-feeding child or the older sibling who wonders how the new baby gets fed.



# ***ChildcareAlive!:***

## ***Suggested Books***

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### ***Healthy Eating***

- ***Edible Colors* by Jennifer Bass**  
With a combination of unusual foods and a rainbow of colors, this concept book shows that not all foods have to look the same way.
- ***D.W. The Picky Eater* by Marc Brown**  
D.W. is very picky about what she eats. She doesn't seem to like anything. Will her table manners improve in time for her Grandma Thora's special dinner out?
- ***Growing Colors* by Bruce McMillan**  
What color is a bean? Green? Or might it be purple? Does a plum grow in, on, or above the ground?
- ***Let's Eat! / ¡A Comer!* (English and Spanish) by Pat Mora**  
It's dinnertime. Look at all the food! Es la hora de cenar. ¡Cuánta comida!
- ***My Food/Mi Comida* by Rebecca Emberley**  
Labeled illustrations introduce various familiar foods and their names in English and Spanish.
- ***The Carrot Seed* by Ruth Krauss**  
A young boy plants and cares for a carrot seed that everyone says will not grow, but he lovingly tends to his seed, and he eventually grows a large carrot.
- ***My Very First Book of Food* by Eric Carle**  
In this split-page board book, children can match each animal with the food it eats, providing a simple introduction to the foods animals eat.
- ***Growing Vegetable Soup* by Lois Ehlert**  
A father and child grow vegetables and then make them into a soup.
- ***Orange Pear Apple Bear* by Emily Gravett**  
Explores concepts of color, shape, and food using only five simple words (orange, pear, apple, bear, and there).
- ***Muncha! Muncha! Muncha!* by Candace Fleming**  
After planting the garden he has dreamed of for years, Mr. McGreely tries to find a way to keep some persistent bunnies from eating all his vegetables.
- ***I Will Never Not Ever Eat a Tomato* by Lauren Child**  
There are many things Lola won't eat, including - and especially - tomatoes. Or will she? Two endearing siblings star in a witty story about the triumph of imagination over proclivity.