



Grow Strong!: A book about healthy habits (Being the Best Me Series)

Cheri J. Meiners M.Ed., Elizabeth Allen

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Establishing patterns of healthy diet, exercise, and sleep helps children stay physically active, make friends, learn well, and enjoy emotional health—all of which lead to greater happiness. Children's health and confidence can increase as they become more aware of their own unique bodies and abilities, and as they incorporate the self-care principles presented in this warm and encouraging book. Back matter includes advice for motivating kids and teaching about being healthy at home, at school, and in childcare.

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