

HEAT: RESOURCE KIT TABLE OF CONTENTS
Pocket A - General Information

Health Care Provider Information

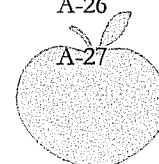
Body Mass Index Wheel.....	inside front pocket
HEAT: Family History.....	A-1
HEAT: Community Resources Template.....	A-2
HEAT: Advocacy Resources.....	A-3
HEAT: Pocket Cards.....	A-4
Motivational Interviewing (MI) Information Sheet.....	A-5
Active Bodies Active Minds Poster (English & Spanish).....	A-6
Getting Ready for School Begins at Birth Poster (English & Spanish).....	A-7
Growth Charts – Birth to 36 months, 2-20 years.....	A-8
Measurement Technique Checklist.....	A-9
Center for Epidemiological Studies Depression Scale for Children (CES-DC).....	A-10

Cultural Considerations Handouts

Multicultural Outreach Fact Sheet - VERB. TM Its what you do.....	A-11
HEAT: Strategies for Preventing Overweight in African-American Children	A-12
Native American Fact Sheet - VERB. TM Its what you do. Native Style.....	A-13
HEAT: Strategies for Preventing Overweight in Native-American Children	A-14
HEAT: Strategies for Preventing Overweight in Hispanic Children	A-15
MiPirámide (My Pyramid – Spanish version)	A-16
Hispanic/Latino Fact Sheet - VERB. TM Its what you do. (English).....	A-17
Hoja de datos hispanos - VERB. TM Ponte las Pilas. TM (Spanish).....	A-18
VERB. TM Ponte las Pilas. TM Getting Active Tip Sheet/Hoja de consejos para la actividad.....	A-19

General Information for Parents

HEAT It Up! Healthy Eating and Activity Together: It's Basic.....	A-20
MyPyramid for Kids - Tips for Families.....	A-21
Make Family Time an Active Time.....	A-22
Balance Your Day With Food & Play.....	A-23
Grab Quick & Easy Snacks.....	A-24
Tips for Parents - 60: Play	A-25
HEAT: Tips for Choosing Childcare.....	A-26
HEAT: Websites Related to Healthy Eating and Activity.....	A-27



Pocket B - Infancy Resources

HEAT: Assessment Checklist for Infants - Birth to 3 Months.....	B-1
HEAT: Assessment Checklist for Infants - 3-6 Months.....	B-2
HEAT: Assessment Checklist for Infants - 6-9 Months.....	B-3
HEAT: Assessment Checklist for Infants - 9-12 Months.....	B-4
Why Breastfeed?.....	B-5
Guide to Common Breastfeeding Problems.....	B-6
HEAT: Infancy Parent Tips.....	B-7
HEAT: Healthy Choices for Parents of Infants.....	B-8
Let's Play! Ages 1-12 Months.....	B-9
Starting Solids: Nutrition Guide for Infants and Children 6 to 18 months of Age.....	B-10
Start Healthy Stay Healthy: What parents should know about teaching good eating habits (English).....	B-11
Start Healthy Stay Healthy: What parents should know about teaching good eating habits (Spanish).....	B-12
Start Healthy:The guide to teaching your little one good eating habits (English).....	B-13
Start Healthy:The guide to teaching your little one good eating habits (Spanish).....	B-14
The Power of Play: Learning through play from birth to three.....	B-15
Zero To Three Order form.....	B-16

Pocket C – Early Childhood Resources

HEAT: Assessment Checklist for Children - 1-2 Years.....	C-1
HEAT: Assessment Checklist for Children - 2-4 Years.....	C-2
HEAT: Early Childhood Parent Tips.....	C-3
HEAT: Healthy Choices for Parents of Young Children.....	C-4
Let's Play! Ages 1-2 Years.....	C-5
Nutrition for Everyone: Quick Tips: Healthy Children, Healthy Choices.....	C-6

Pocket D – School Age Resources

HEAT: Assessment Checklist for Children - 5-10 Years.....	D-1
HEAT: Assessment Checklist for Parents of School Age Children and Teens.....	D-2
HEAT: School Age Parent Tips.....	D-3
HEAT: Healthy Choices in Eating and Activity for Older Children and Teens.....	D-4
HEAT: Healthy Choices for Parents of Older Children and Teens.....	D-5
10 Steps for Parents: Healthy Eating at School and Make Physical Activity Easy.....	D-6
My Pyramid for Kids.....	D-7

Kids Activity Packet

MyPyramid for Kids Worksheet.....	D-8
A Close Look at MyPyramid For Kids/MyPyramid Coloring Page.....	D-9
Power Your Moves/Pack Your Snacks & Go!.....	D-10
Power Up to Gear Up/Enter the Fun Zone.....	D-11
Grab Quick & Easy Snacks (English/Spanish).....	D-12
Power Up With Breakfast (English/Spanish).....	D-13

Pocket E – Teen Resources

HEAT: Assessment Checklist for Teens – 11-21 Years.....	E-1
HEAT: Assessment Checklist for Parents of School Age Children and Teens.....	E-2
HEAT: Teen Tips.....	E-3
HEAT: Healthy Choices in Eating and Activity for Older Children and Teens.....	E-4
HEAT: Healthy Choices for Parents of Older Children and Teens.....	E-5
Just Enough For You: About Food Portions.....	E-6
My Pyramid – Steps to a Healthier You.....	E-7
Nutrition for Kids.....	E-8
Healthy Snacks for Kids.....	E-9
Portion Sizes.....	E-10
Understanding Metabolism.....	E-11
Fitness for Children & Adolescents.....	E-12
Exercise Activities for Kids.....	E-13
Behavioral Recommendations for Overweight Children & Adolescents.....	E-14