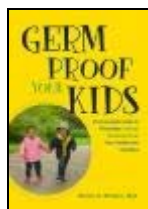


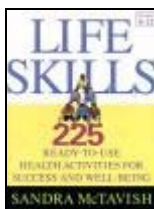
Health and Safety

Virginia Beall Ball Library - Indiana Youth Institute



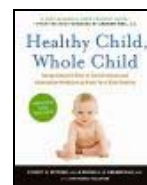
[Germ proof your kids: the complete guide to protecting \(without overprotecting\) your family from infections](#)

Harley A. Rotbart
QR56 .R598 2008



[Life skills: 225 ready-to-use health activities for success and well-being \(Grades 6-12\)](#)

Sandra McTavish
LB1587 .A3 M38 2004



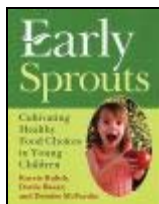
[Healthy child, whole child: integrating the best of conventional and alternative medicine to keep your kids healthy](#)

Stuart H. Ditchek
RJ47 .D55 2009



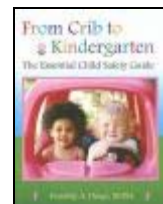
[Good kids, bad habits: the RealAge guide to raising healthy children](#)

Jennifer Trachtenberg
RJ47.53 .T73 2007



[Early sprouts: cultivating healthy food choices in young children](#)

Karrie Kalich
TX361 .C5 K35 2009



[From crib to kindergarten: the essential child safety guide](#)

Dorothy A. Drago
RJ370 .D73 2007

BOOKS

[All active: 35 inclusive physical activities.](#) By Kiwi Bielenberg. (GV443 .B475 2008)

[Eat this, not that, for kids: be the leanest, fittest family on the block!](#) By David Zinczenko. (RJ206 .Z52 2008)

[Generation XL: raising healthy, intelligent kids in a high-tech, junk-food world.](#) By Joseph Mercola. (RJ61 .M577 2007)

[Germs are not for sharing.](#) By Elizabeth Verdick. (RA780 .V47 2006)

[Great kids: helping your baby and child develop the ten essential qualities for a happy, healthy life.](#) By Stanley I. Greenspan. (HQ755.8 .G737 2007)

[The healthiest kid in the neighborhood: ten ways to get your family on the right nutritional track.](#) (RJ206 .H34 2006)

[Healthy choices afterschool: investigation of the alignment of physical activity and nutrition programs/curricula and the National Afterschool Association program standards.](#) By Georgia Hall. (HQ778.6 .H34 2006)

[Healthy teens, body and soul: a parent's complete guide to adolescent health.](#) By Andrea Marks, M.D. (RA777 .M267 2003)

[How to teach nutrition to kids.](#) By Connie Liakos Evers. (TX364 .E957 2003)

[I'm, like, SO fat! Helping your teen make healthy choices about eating and exercise in a weight-obsessed world.](#) By Dianne Neumark-Sztainer. (RJ506 .E18 N48 2005)

[Infant and early childhood mental health: a comprehensive, developmental approach to assessment and intervention.](#) By Stanley I. Greenspan. (RJ502.5 .G725 2006)

[Keeping adolescence healthy: exploring the issues facing today's kids and communities.](#) By Aaron White. (RA777 .W44 2008)

[Keeping kids safe, healthy, and smart.](#) By Kimberly Williams. (HV675.72 .W55 2009)

[Kidnetic.com leader's guide: healthy eating & active living ideas & activities for kids & families.](#) (RA784 .K52 2006)

[Manual of school health: a handbook for school nurses, educators, and health professionals.](#)

By Keeta DeStefano Lewis. (RJ247 .L48 2009)

[Naturally healthy first foods for baby: the best nutrition for the first year and beyond.](#) By Jacqueline Rubin.
(RJ216 .R83 2008)

[Nutrition fun with Brocc & Roll: a hands-on activity guide filled with delicious learning!](#) By Connie Liakos Evers.
(TX364 .E958 2007)

[A running start: how play, physical activity, and free time create a successful child.](#) By Rae Pica.
(GV452 .P523 2006)

[The safe child handbook: how to protect your family and cope with anxiety in a threat-filled world.](#)
By John S. Dacey. (HQ770.7 .D33 2006)

[Superfoods for healthy kids: more than 250 immune-boosting foods and great-tasting recipes for your children.](#)
By Lucy Burney. (RJ206 .B876 2007)

[You'd be so pretty if--: teaching our daughters to love their bodies--even when we don't love our own.](#)
By Dara Chadwick. (BF724.3 .B55 C43 2009)

DVDs AND VIDEOS

[Danger rangers series.](#) Educational Adventures, 2005.

Series of nine DVDs: [Cave save](#), [Fires & liars](#), [Wild wheels](#), [The great race](#), [Medicine mix-up](#), [Where the fun never stops](#), [Safe & sound](#), [Water works](#), and [Mission 547, safety rules](#)

[Fitness for kids.](#) Roberta Bergman & Bodyformula Inc. (DVD GV442 .F57 2005)

[Food and fitness matter: raising healthy, active kids.](#) Parents Action for Children. (DVD RJ206 .F66 2006)

[Food smarts MyPyramid for kids.](#) Discovery School. (DVD RA784 .F66 2006)

[Health for children series.](#) Schlessinger Media, 2005.

Series of eight DVDs: [Dealing with feelings](#), [Personal health & hygiene](#), [Staying safe strangers, cyberspace & more](#), [Safety awareness](#), [Nutrition](#), [Environmental health](#), [Drugs & disease](#), and [Decisions & conflicts](#)

[JJUMP to the music series.](#) JGP Productions, Inc., 2003.

Series of three DVDs: [Cardio](#), [Flexibility](#), [Strength](#)

[Skills for healthy living series.](#) Discovery Communications, Inc., 2006.

Series of eleven DVDs - titles include: [Making healthy choices](#), [Playing it safe](#), [Setting goals for healthy living](#), [Taking charge of your health](#), [Weighing the risks](#), [Advocating for better health](#), [Coping with change](#), etc.

IYI ISSUE ALERT

[Children's Health Insurance in Indiana.](#) (October 2009)

IYT's **Virginia Beall Ball Library** is a collection of books, journals, reports, video/audio tapes, curriculum guides and other materials of use to youth workers, policymakers and nonprofit managers. Our materials are available for free loan to anyone working on behalf of children and youth in Indiana. The librarian is on hand to assist you with customized reference work and will recommend materials that can provide the valuable information you need.

Lisa Habegger
Director of Library Services
Virginia Beall Ball Library

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