



What's New at Eager-To-Learn? Eager-to-Learn supports America's Move to Raise a Healthier Generation of Kids

Let's Move! is a comprehensive initiative, launched by First Lady Michelle Obama. It is dedicated to solving the problem of obesity within a generation so that children born today will grow up healthier and able to pursue their dreams. This is an ambitious goal. But with your help, we can do it.

"In the end, as First Lady, this isn't just a policy issue for me. This is a passion. This is my mission. I am determined to work with folks across this country to change the way a generation of kids thinks about food and nutrition."

-- First Lady Michelle Obama

Eager-to-Learn Courses Support Healthier Children

Supporting Breastfeeding in Child Care

This course will introduce the importance of breastfeeding to children, mothers, and child care programs. Topics will include benefits of breastfeeding, risks of not breastfeeding, breastfeeding guidelines, and safe handling and storage of breast milk. Participants will identify ways for child care providers to support breastfeeding families. Participants will also learn strategies to improve breastfeeding promotion and support in both home and center-based child care settings.

To view current Eager-to-Learn courses: <http://www.eagertolearn.org/classes.cfm>.

Eager-to-Learn is a program of the [Minnesota Child Care Resource and Referral Network](#)
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