Time could be spent every day addressing “The things you can do, that are good for you!”, which is the title of the Dr. Seuss book shared with Head Start students in North Park. In the Health-Nutrition Office much time is spent focusing on keeping the children healthy and nurtured so that they can have a positive, early learning experience. Placing a book that mimics healthy practices such as teeth brushing, healthy eating, safe exercise, and good hygiene practices in the classroom, promotes the exact message to be learned. The fact that “Thing 1 & 2” come into the classroom to share the experience makes the lesson a greater impact and the kids get to share, not only the story, but items used throughout the book to instill healthy lifestyle choices. Contact Laura Weigel, Health/Nutrition Specialist, at 304.233.3290 or lweigel@npheadstart.org for more details.