Getting Started

- Let's Go! in Maine
- Scientific Rationale for the 5-2-1-0 Message
- Let's Go! Definitions for Children with I/DD
- Healthy Habit Challenges for Children with I/DD
- Healthy Habit Challenges for Children with Specific Disabilities
- Health Care Challenges for Children with I/DD
- Services for Children with I/DD
- Coordinate Services to Support Healthy Outcomes for Children with I/DD
- Tips for Communicating with Children with I/DD
- Use Education and Service Plans to Support Healthy Habit Goals for Children with I/DD
- Use Transition Plans to Support Healthy Habits for Teens and Young Adults with I/DD

Healthy Eating

- How to Promote Healthy Eating for Children with I/DD
- When is “Choosy” Eating a Problem?
- Oral-Motor and Sensory Problems
- Healthy Foods by Texture
- Tools to Address Eating Problems in Children with I/DD
- Ideas for Healthy Snacks
- Handling a “Choosy” Eater
- Everyone Plays a Role in Promoting Healthy Eating for Children with I/DD

Non-Food Rewards

- How to Provide Non-Food Rewards for Children with I/DD
- Why Prohibit the Use of Food as a Reward?
- Food Rewards Tracker
- Preference Assessments for Children with I/DD
- Use Non-Food Rewards
- Use Physical Activity as a Reward
- Transitioning to Non-Food Rewards for Children with I/DD
- Everyone Plays a Role in Providing Non-Food Rewards for Children with I/DD

Physical Activity

- How to Make Physical Activity Inclusive for Children with I/DD
- Legal Requirements for Including Children with I/DD in Physical Activity
- Tips to Adapt Physical Activities to Include Children with I/DD
- Overcoming Barriers to Including Children with I/DD in Physical Activity
- Social Inclusion and Physical Activity
- Zones, Stations, and Relays
- Try Structured Recess!
- Principles of LET US Play
- Everyone Plays a Role in Providing Non-Food Rewards for Children with I/DD

Health Care

- How to Advocate Healthy Habits for Patients with I/DD
- Recommend Healthy Habit Goals for Education and Service Plans for Patients with I/DD
- Health Care Provider Statement Recommending Healthy Habit Goals
- Sample Health Care Provider Statement Recommending Healthy Habit Goals
- Make Referrals for Services to Support Healthy Habits for Patients with I/DD

it’s ALL about healthy!