



Healthy habits established early last a lifetime



The early development of lifelong healthy habits for your child is one of our top priorities. Our proprietary Life Essentials curriculum ensures healthy habits are integrated into every aspect of your child's day at Kiddie Academy. From staying active to appropriate food choices, we focus on teaching children how to stay healthy by making good choices every day. Our academies support the five keys to keeping children healthy, including:



Increased physical activity

Rain or shine, we create opportunities to exercise and play indoors and outdoors all day, every day.



Reduced screen time

Technology can act as a powerful teaching tool. While we leverage technology to enhance our curriculum, we also ensure screen time is limited each day.



Improve food choices

We provide nutritious meals and snacks each day for your child, in a family-dining style setting.



Provide healthy beverages

Plenty of water and other healthy drinks keep active kids hydrated. Water is key, but milk and limited 100% fruit juice is also served at mealtimes.



Support breast feeding

Early nutrition is critical – whether it's breast milk or formula, we help support your choices by making it easy for you to bring in whichever you choose for you infant, and keep it safely stored.

Making the right choices a priority now ensures your child has a truly healthy future. Let Kiddie Academy support building your child's healthy habits each and every day for a successful future.