

Introducing GoodtoGrow.org for families

As the public face of ACM's *Good to Grow!* initiative, **GoodtoGrow.org** playfully links families and children's museums with compelling messages, engaging activities and accurate resources for living healthy lives.

GoodtoGrow.org focuses on four topics vital to your family's health:

Eating healthy foods

Increasing physical activity

Reducing screen time

Connecting with nature

Three sections especially for families

Grown-up Stuff

Explore resources, tips and useful links to information about living healthfully. This section includes a locator map for museums around the world and a sharing forum.

Family Fun

Join in a dynamic online activity for your entire family. Sign up for a **FREE** *Good to Grow!* tree and start earning stickers today. There's also a journal to track your progress.

Gallery

A showcase of *Good to Grow!* trees grown by families around the world! You can search the Gallery by children's museum, too.

There's something different about this web site...

GoodtoGrow.org is unique in two ways.

- The Family Fun interactive is for the entire family to create together. Each person's answer counts!
- Less is more - you only use **GoodtoGrow.org** for a brief time each day, but over time, your family will learn more and more about living healthfully.

Each time you log on to **GoodtoGrow.org**, you will discover something new...interesting questions, cool online stickers (some with wacky sounds and neat animations), useful facts and tips for living healthfully and fun activities for the entire family.

Children's museums help families grow healthy and strong.
So, visit **GoodtoGrow.org** often, but don't stay too long!