

The Children's Center Family Resource Page

Nutrition

[Healthy Tips for Picky Eaters](#)

[Kitchen Helper Activities](#)

[Sugar at a Glance](#)

[Beverage Recipes](#)

Physical Activity

[Get Movin' Today! Activity Calendar](#)

[15 Simple Ways to Get Moving](#)

Screen Time

[Healthy Digital Media Use Habits for Babies, Toddlers and Preschoolers](#)

Sleep

[Healthy Sleep Habits: How Many Hours Does Your Child Need?](#)

Stress

[ABC's of Young Children's Well Being](#)

[Childhood Stress](#)

[Jefferson Center Wellness Classes](#)

The following types of classes are offered each quarter:

- Mental Health – anxiety and depression, stress and self-coaching
- Nutrition – cooking on a budget, healthy cooking on the go
- Physical Health – yoga and meditation, hiking or family walks.

****Classes are free to Medicaid clients and are a small fee (typically \$5-\$10) for private insurance clients.****

Exposure to Secondhand Smoke and/or E-cigarette Aerosol/Vapor

[Exposure to Secondhand Smoke and/or E-cigarette Aerosol/Vapor \(+ Tobacco Quit Resources\)](#)

Free Parenting Apps

[Bright by Text](#) (for parents of children ages 0-3)

[Daily Vroom](#) (for parents of children ages 0-5)