**The Children’s Center Family Resource Page**

**Nutrition**

[**Healthy Tips for Picky Eaters**](https://choosemyplate-prod.azureedge.net/sites/default/files/audiences/HealthyTipsforPickyEaters.pdf)

[**Kitchen Helper Activities**](https://choosemyplate-prod.azureedge.net/sites/default/files/audiences/KitchenHelperActivities.pdf)

### [**Sugar at a Glance**](http://www.hidden-sugar.org/wp-content/uploads/2016/12/Sugar-at-a-glance.pdf)

### [**Beverage Recipes**](http://www.hidden-sugar.org/wp-content/uploads/2016/12/Drink-Recipes.pdf)

### **Physical Activity**

[**Get Movin’ Today! Activity Calendar**](https://www.colorado.gov/pacific/sites/default/files/ECOP_Get-Moving-Today-Activity-Calendar.pdf)

[**15 Simple Ways to Get Moving**](https://portal.shapeamerica.org/uploads/teachersToolbox/earlyChildhood/15_Simple_Ways_to_Get_MovingRev.pdf)

### **Screen Time**

[**Healthy Digital Media Use Habits for Babies, Toddlers and Preschoolers**](https://www.healthychildren.org/English/family-life/Media/Pages/Healthy-Digital-Media-Use-Habits-for-Babies-Toddlers-Preschoolers.aspx)

### **Sleep**

### [**Healthy Sleep Habits: How Many Hours Does Your Child Need?**](https://www.healthychildren.org/English/healthy-living/sleep/Pages/Healthy-Sleep-Habits-How-Many-Hours-Does-Your-Child-Need.aspx)

### **Stress**

### [**ABC’s of Young Children’s Well Being**](http://coaimh.org/wp-content/uploads/2016/03/ABCsofYoungChildrensWellBeing_English.pdf)

### [**Childhood Stress**](http://kidshealth.org/en/parents/stress.html)

[**Jefferson Center Wellness Classes**](https://www.jcmh.org/wellness/)

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)**](http://tobaccofreejeffco.com/wp-content/uploads/2017/03/RRCC-Childrens-Center-SHS-Packet-2017.pdf)

**Free Parenting Apps**

[**Bright by Text**](http://brightbythree.org/bright-by-text/) **(for parents of children ages 0-3)**

[**Daily Vroom**](http://www.joinvroom.org/tools-and-activities) **(for parents of children ages 0-5)**