



link to document

# THRIVING FAMILIES: BABIES, KIDS AND TEENS

## At-A-Glance Options At Kaiser Permanente In Santa Clara.

### INDIVIDUAL APPOINTMENTS

|                                     |  |  |
|-------------------------------------|--|--|
| <b>Positive Parenting Education</b> | Health Educators provide individual support and education for parents of babies and children ages 4 months-5 years on common concerns including sleep, feeding, temperament, discipline and potty-training.          | Health Education<br><b>408-851-3800</b>                                    |
| <b>Healthy Lifestyle Change</b>     | Health Educators help families with children ages 6-12 and teens develop lifestyle goals and action plans. Topics include eating habits, physical activity, and healthy living strategies to support health.         | Health Education<br><b>408-851-3800</b>                                    |
| <b>Nutrition Consultation</b>       | Registered Dietitians provide medical nutrition therapy for families, children and teens. Topics include proper growth, weight management, anemia, food allergies, diabetes, high cholesterol, and eating disorders. | Health Education<br><b>408-851-3800</b><br><b>Doctor Referral Required</b> |

### ONLINE CLASSES

|                                      |   |   |
|--------------------------------------|---|---|
| <b>Baby &amp; Me Support Group</b>   | Weekly drop-in online support group. Join other parents and babies (ages 0-6 months) for online support and advice. Facilitated by a Health Educator on Friday Mornings.  | Health Education<br><b>408-851-3800</b> |
| <b>Feeding Your Baby</b>             | Online (90 minute) class supports parents in helping their children (ages 6-12 months) develop healthy eating habits while reducing power struggles when introducing solids.  | ↓                                       |
| <b>Positive Parenting</b>            | Online (90 minute) class provides parents with knowledge of age-specific expectations in children, effective strategies for managing common challenges and encouraging positive ways to approach child's behavior (ages 1-5). |   |
| <b>Parenting the Child with ADHD</b> | Online classes help parents of children with ADHD (ages 6 and up) learn strategies to improve the child's ability to succeed in school and home, strengthening parent-child relationships.                                    |   |
| <b>Empowering Parents</b>            | Parents of children and adolescents (ages 5-17) will learn alternatives to conflictual parenting, communication skills to end power struggles, accountability & boundaries, and non-reactive parenting.                       |   |
| <b>Parenting the Anxious Child</b>   | For the parents of children and teens (ages 4-17) who are experiencing anxiety. Parents will learn about anxiety and how they can help their children to manage their worries and fears.                                      |   |

### ONLINE RESOURCES

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|--|---|--|
| <b>My Doctor Online</b>                            | Get to know your pediatrician and learn about various health topics for your child and teen.  | <a href="http://kp.org/mydoctor">kp.org/mydoctor</a>   |
| <b>Healthy Babies and Healthy Kids Newsletters</b> | Subscribe to online newsletters for parents and receive physician- recommended information, tips, and resources to help you raise your child. | <a href="http://kp.org/mydoctor/newsletters">kp.org/mydoctor/newsletters</a>                     |
| <b>Thriving Families Blog</b>                      | Pediatricians provide helpful information for parents and answer questions and concerns.  | <a href="http://kpthrivingfamilies.org/pediatricsblog">kpthrivingfamilies.org/pediatricsblog</a> |
| <b>Eat Well, Be Active, Live Better</b>            | Access the healthy weight portal to learn practical information on healthy eating, physical activity, and stress management.                  | <a href="http://kp.org/mydoctor/healthyweight">kp.org/mydoctor/healthyweight</a>                 |