



# 2020 Parents Online Services

Online Groups & Classes • Video Visits • Telephone Appointments

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## **PARENTING TELEPHONE or VIDEO APPOINTMENTS**

Parenting 30-minute consultations address common concerns with children 4 mo - 5 yrs:

- Feeding difficulties, starting solids
- Picky Eating
- Toilet training
- Behavior challenges
- Sleep

## **PARENTING OVERVIEW ONLINE CLASS**

Parents learn how to handle challenging toddler behavior. Includes positive parenting methods and typical brain development for 2-5 year old. 90-minute sessions. Offered monthly.

## **PICKY EATING ONLINE CLASS**

Parents learn how to handle eating problems with children 2+years. Suggestions are provided on healthy snacks and meals. 60-minute session. Offered monthly.

## **ADHD PARENT EDUCATION**

Learn about ADHD, its signs, symptoms, medications and strategies for managing children with ADHD at home and in school. Two 2-hr sessions.

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## **BABY & ME ONLINE GROUP**

Join us to talk about baby behavior (sleeping, crying, feeding cues), going back to work, breastfeeding, and more, for your baby under 1 year. 90-minute session. Offered weekly.

## **PARENT ONLINE SUPPORT GROUP**

Parents of all aged kids share common challenges such as school, sleep, tantrums, and parental stress. Groups for three different age groups: 2 through teens. 60-minute sessions. Call 510-494-4000 to enroll.

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## **BASIC NUTRITION ONLINE CLASS**

Kids and families discuss basic nutrition, healthy eating strategies and set nutrition goals. 60-minute sessions. Offered monthly.

## **NUTRITION TELEPHONE or VIDEO APPOINTMENTS**

Nutrition 30-minute consultations review family eating patterns, strategies, and set specific nutrition goals.

To register, call the Healthy Living Center at (510) 248-3455 or (510) 454-4531