



# THRIVING FAMILIES: BABIES, KIDS AND TEENS

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

## INDIVIDUAL APPOINTMENTS

<b>Healthy Lifestyle</b>	Health Educators help families with children develop lifestyle goals and action plans. Topics include eating habits, physical activity, and healthy living strategies to support health. (6-17yr)	Health Education <b>408-851-3800</b>
<b>Positive Parenting</b>	Health Educators provide individual support and education for parents of babies and children on common concerns including sleep, feeding, temperament, discipline, behavior, and potty-training. (4mo-5yr)	Health Education <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 <b>408-851-3800</b> <b>Doctor Referral Required</b>

## ONLINE CLASSES

<b>Baby &amp; Me Support Group</b>	Weekly drop-in support group. Join other parents and babies for support and advice. Facilitated by a Health Educator. (0-12mo)	Health Education <b>408-851-3800</b>
<b>Positive Parenting</b>	One 2-hour session. Overview of positive parenting techniques and offers strategies for understanding, managing and supporting challenges pertaining to behaviors, sleep, feeding and potty training. (4mo-5yr). <i>Parents only.</i>	
<b>Empowering Parents</b>	Three 1.5-hour sessions. Parents of children and adolescents will learn alternatives to conflictual parenting, communication skills to end power struggles, accountability & boundaries, and non-reactive parenting. (5-17yr) <i>Parents only.</i>	
<b>Parenting the Anxious Child</b>	Three 1.5-hour sessions. Parents of children and teens who are experiencing anxiety. Parents will learn about anxiety and how they can help their children to manage their worries and fears. (4-17yr) <i>Parents only.</i>	
<b>Parenting the Child with ADHD</b>	Class helps parents of children with ADHD learn strategies to improve the child's ability to succeed in school and home, strengthening parent-child relationships. (6yr+) <i>Parents only.</i>	
<b>Cook for Health: Jr Chef</b>	Cook with your kids and teens. Learn how to prepare delicious, nutritious meals, snacks, and desserts. Recipes are easy and inexpensive. You and your child will prep, cook, and then enjoy your tasty creation.	

## ONLINE RESOURCES

<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="https://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="https://kpthrivingfamilies.org/pediatricsblog">kpthrivingfamilies.org/pediatricsblog</a>
<b>Teen Health</b>	Acne. Bullying. Depression. Being a teenager can be tough. Whether you're a teen or a parent, it's smart to learn all you can about teen health issues.	<a href="https://kp.org/teen-health/ncal">kp.org/teen-health/ncal</a>