

# THRIVING FAMILIES: BABIES, KIDS AND TEENS

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

## INDIVIDUAL APPOINTMENTS

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|-------------------------------|--|---|
| <b>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</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</b> |

## IN-PERSON CLASSES

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| <b>Baby &amp; Me</b>                 | Weekly drop-in sessions. Join other parents and babies 0-6 months for support and advice. Facilitated by a Health Educator.  | Health Education<br><b>408-851-3800</b>   |
| <b>Puberty for Girls</b>             | Parents and daughters ages 8-12 will learn about the physical and emotional changes during puberty.<br>Schedule*: <i>Santa Clara Medical Offices</i> -every other month on Wednesday 6pm-7:30pm.   | <br>*Class dates are subject to change. |
| <b>Feeding Your Young Child</b>      | Class supports parents in helping their children ages 1-5 develop healthy eating habits while reducing power struggles.<br>Schedule*: <i>Santa Clara Medical Offices</i> – once a month, Saturday 10am-11:30am or Wednesday 6-7:30pm.  |   |
| <b>Positive Parenting</b>            | Class provides effective parenting strategies for managing challenges and encouraging positive behaviors in children ages 1-5.<br>Schedule*: <i>Santa Clara Medical Offices</i> – once a month, Saturday 10am-11:30am or Wednesday 6-7:30pm.                                   |   |
| <b>Parenting the Child with ADHD</b> | Classes help parents of children ages 6 and up learn strategies to improve the child's ability to succeed in school and home; strengthening parent-child relationships.<br>Schedule*: <i>Santa Clara Medical Offices</i> - 1 <sup>st</sup> Tuesday of the month 6:30pm-8:30pm. |   |
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## 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. Also available is the My Doctor Online App to download. | <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>                 |