



Children's Health & Nutrition Links for Parents

M-DCPS – Physical Education and Health Literacy; Nutrition Information
<http://pe.dadeschools.net/nutrition.asp>

M-DCPS Department of Food and Nutrition
nutrition.dadeschools.net

Florida Kid Care
<https://www.floridakidcare.org/>

Florida Department of Health in Miami-Dade County
Immunizations:
miamidade.floridahealth.gov/clinical-and-nutrition-services/immunizations
Hot Topics:
miamidade.floridahealth.gov/clinical-and-nutrition-services/school-health

Florida Department of Agriculture and Consumer Services - Living Healthy in Florida
freshfromflorida.com/Health-and-Safety/Living-Healthy-in-Florida

University of Miami – Pediatric Mobile Clinic
<http://pediatrics.med.miami.edu/community-outreach/pediatric-mobile-clinic/>

U.S. Department of Agriculture - Choose My Plate <https://www.choosemyplate.gov/families>

National Institutes of Health – Parent Tip Sheets
<https://www.nhlbi.nih.gov/health/educational/wecan/tools-resources/parent-tip-sheets.htm>

Centers for Disease Control and Prevention
<https://www.cdc.gov/parents/index.html>

American Academy of Pediatrics - Healthychildren.org
English: <https://www.healthychildren.org/english/healthy-living/pages/default.aspx>
Español: <https://www.healthychildren.org/spanish/healthy-living/paginas/default.aspx>

Making Healthy Connections with You Family
English: https://www.childwelfare.gov/pubPDFs/connections_ts_2019.pdf
Español: https://www.childwelfare.gov/pubPDFs/connections_sp_2019.pdf

<http://parentacademymiami.com>

Health & Wellness Parent Toolkit

English: parenttoolkit.com/topics/health-and-wellness/health-and-wellness?lang=en

Español: parenttoolkit.com/topics/health-and-wellness/health-and-wellness?lang=es

Feel free to download, print, and share!



<http://parentacademymiami.com>