

Health and Nutrition Links for Families

M-DCPS – Physical Education and Health Literacy; K-12 Nutrition Resources
<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:
<http://miamidade.floridahealth.gov/programs-and-services/clinical-and-nutrition-services/immunizations/index.html>

Hot Topics:
<http://miamidade.floridahealth.gov/programs-and-services/clinical-and-nutrition-services/school-health/school-health-hot-topics.html>

Florida Department of Agriculture and Consumer Services - Living Healthy in Florida
<https://www.fdacs.gov/Consumer-Resources/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 (NIH) – Parent Tip Sheets
<https://www.nhlbi.nih.gov/health/educational/wecan/tools-resources/parent-tip-sheets.htm>

National Institute of Diabetes, Digestive and Kidney Diseases
Helping Your Child: Tips for Parents and Other Caregivers
<https://www.niddk.nih.gov/health-information/weight-management/healthy-eating-physical-activity-for-life/helping-your-child-tips-for-parents>

Centers for Disease Control and Prevention – Parent Information

<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_2020.pdf

Español: https://www.childwelfare.gov/pubPDFs/connections_sp_2020.pdf

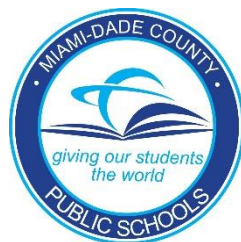
Today – Kids & Health Parenting Guides

<https://www.today.com/parenting-guides/health>

John Hopkins Medicine

Back-to-School Health: Tips for Parent Infographic

<https://www.hopkinsmedicine.org/health/wellness-and-prevention/back-to-school-health-tips-for-parents-infographic>



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