

From regular wellness visits to handling common challenges at home, everything you do makes a difference in keeping your child healthy!



Monster Meltdowns happen... Consider these tips for avoiding, handling, and recovering from meltdowns.



Choosy Eating can be challenging... watch some strategies in action!



Sleep Struggles are common... check out how Elmo's Daddy helps him get some rest.



Nurturing Parenting is about understanding, encouraging, and guiding children in positive ways. Read more here.



For more resources on keeping your little one well in every way, visit [sesame.org/healthy-families](https://www.sesame.org/healthy-families)



High-5 for Health!

After Elmo's wellness visit, he and his daddy celebrate how he's growing healthy and strong. Color this page and talk with your grown-up about how your family stays healthy.

