

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



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.

