**Children’s Health**

A healthy child is a happy child and you do not need a degree in nutrition to raise healthy kids. Listed below are websites with great information on how we can take care of our kids.

* <https://familydoctor.org/tips-for-healthy-children-and-families/>
* <https://www.healthline.com/health/childrens-health>
* <https://kidshealth.org/en/parents/eating-tips.html>
* <https://www.cdc.gov/family/minutes/tips/kidshealthyhabits/index.htm>
* <https://www.cdc.gov/family/parenttips/index.htm>
* <https://www.verywellfamily.com/ways-to-keep-kids-healthy-during-school-year-620563>

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