

## Healthy Kids/ Weight Management

[www.agesandstages.com](http://www.agesandstages.com)

[www.aap.com](http://www.aap.com)

[www.kidshealth.org](http://www.kidshealth.org)

[www.NICHQ.org](http://www.NICHQ.org)

[www.foodpyramid.com](http://www.foodpyramid.com)

[www.delaware211.org](http://www.delaware211.org)

[www.cdc.gov/healthyweight/children](http://www.cdc.gov/healthyweight/children)

[www.delawarebreastfeeding.org](http://www.delawarebreastfeeding.org)

[www.cdc.gov/vaccines](http://www.cdc.gov/vaccines)

## Parenting Resources

First State Community Action Agency      302-674-1355

211 Delaware      [www.delawarehelpline.org](http://www.delawarehelpline.org)      [www.delawarehelpline.org](http://www.delawarehelpline.org)

### BOOKS

1,2,3 Magic by Thomas Phelan, Ph.D