**Healthy Lifestyle Resources for CDS Tools**

* **Mood and Behavior**
  + Website: Your Child’s Sleep
    - <https://kidshealth.org/en/parents/general/sleep>
    - <https://kidshealth.org/es/parents/general/sleep>
  + Website: Your Child’s Feelings
    - <https://kidshealth.org/es/kids/feeling/>
    - <https://kidshealth.org/en/kids/feeling/>
  + Handout:
    - Mealtime Problems (English, attached)
    - Mealtime Problems (Spanish, attached)
* **Being Active**
  + Video playlist: Exercise Videos for your Child
    - <https://www.youtube.com/playlist?list=PLuYahBGAEaoe-_nkeg1t7QwPTDi5wv9tT>
  + Website: Helping Your Child Stay Fit
    - <https://kidshealth.org/en/kids/center/fitness-nutrition-center.html#catfit>
    - <https://kidshealth.org/es/kids/stay-healthy/#catfit>
  + Handout:
    - Exercises to Try at Home (English, attached)
    - Exercises to Try at Home (Spanish, attached)
* **Healthy Eating**
  + Video: Healthy Recipes
    - <https://www.youtube.com/playlist?list=PLIkgAHHJ_KGh5lSIjzO1UJdZBEfbMZC2V>
  + Website: Nutrition Tips
    - <https://healthychildren.org/English/healthy-living/nutrition/Pages/default.aspx>
    - <https://healthychildren.org/spanish/healthy-living/nutrition/paginas/default.aspx>
  + Handout:
    - Healthy Kitchen (English, attached)
    - Healthy Kitchen (Spanish, attached)
    - MyPlate (English, attached)
    - MyPlate (Spanish, attached)