



Flyer

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Health Stars

Pediatricians share information and tools with families on different health topics.



Health Stars 7 interactive Sessions

Health Stars is a program designed for parents and caregivers with children ages 0-8. Health Stars brings tools to families that address key health topics and demonstrate positive parent/child interactions.

Series topics:

1. Nutrition
2. Sleep
3. Health
4. Physical Activity
5. Conflict
6. Bonding
7. Parental Support

Participant Benefits

- Every session includes a FREE children's book
- Increase positive parent-child interactions through shared reading and play
- Learn key healthy habits for raising children
- Learn how to access food, healthcare, and other local services and resources

Rady Children's Hospital San Diego
Center for Healthier Communities

HC Lee: hlee2@rchsd.org

858-966-1700 ext. 243568

Additional Resources

Doc Talks

A 30-minute talk by a doctor followed by Q&A. A list of classes and accompanying videos will be provided with a brief description of the content.

Trainer Manual & Kit

A manual that will include recommended speaking points for each session and ideas on how to draw points from the accompanying video, plus information on ordering books, or obtaining a donation from Scholastic.

Trainer Manual Class

Participating organizations will be provided with a 2-hour training class that will detail each of the 7 classes and provide a one-page curriculum for each class and a USB drive uploaded with all the Growing Minds videos.

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Curriculum

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Topics

Nutrition

- Drink Water
- Eat Together
- Eat Fruits & Vegetables
- Breast Milk Is Best

Sleep

- Bedtime Plan
- Easy Sleep
- Safe Sleep for Babies

Health

- Healthy Teeth
- Visit The Doctor

Physical activity

- Be Active
- Play Together
- Take On Challenges
- Screen Time

Conflict ?

- Manage Conflict
- Behavior And Discipline
- Solve Problems
- Talk About Feelings
- Catch Them Being Good

Bonding

- Show Your Love
- Gender Expression
- Talk, Read, Sing

Parental Support

- Ask For Help
- Take A Break
- Parent's Experiences Affect Their Children

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Nutrition



Topics:

- Drink Water
- Eat Together
- Eat Fruits & Vegetables
- Breast Milk is Best

Did
You
Know?



Key Messages

- Give your child water to drink every day
- Sit down and eat meals with your family
- Be colorful! Eat a rainbow of fruits and vegetables every day
- Breastfeed your baby for one year to give them a healthy start

1. Book

[Eating the Alphabet: Fruits and Vegetables from A to Z by Lois Ehlert](#)

1. Before you start reading, show the book and ask, “What do you think this book is about?” (Demonstrates a key reading strategy to parents). Read the story two times.
2. The first time read straight through. The second time pause to ask questions.
3. Make up stories as you read. Demonstrate that you don’t have to “read” to read.
4. Engage the child in the story. Talk about the pictures in the book, ask questions and let the child tell the story. Pause to let the child talk about their friends or experiences.
5. After reading, discuss: “Is there a food you didn’t like the first time you tried it, but you liked it the more you tried it?” “What is your favorite fruit or vegetable?”

2. Discussion

1. Engage parents in a conversation about healthy nutrition.
2. Be sure to review each of the key points and expand where necessary.
3. Give parents the opportunity to ask questions about nutrition or any other health issue they have a question about.
4. Give each parent the Nutrition Parent Education Handouts.

3. Activities

1. Handout the [Fun Ways To Drink Water](#), [When Did We Eat Together This Week](#), and [What Fruits & Vegetables Did I Eat This Week?](#)

4. What did you learn?

[Take the survey.](#)

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Sleep



Topics:

- Bedtime Plan
- Easy Sleep
- Safe Sleep for Babies

Did
You
Know?



Key messages

- + *Make a special bedtime plan and do it every night*
- + *Make a calm room or area for the best sleep*
- + *Minimize SIDS risk by following the ABCs for safe sleep*

1. Book

Time For Bed by Mem Fox

1. Before you start reading, show the book and ask, “What do you think this book is about?” (Demonstrates a key reading strategy to parents). Read the story two times.
2. The first time read straight through. Ask questions at the end (i.e., What helps you go to sleep? Would you like to sleep where sheep sleep?)
3. The second time pause to ask questions. Stop every few pages to ask questions.
4. Engage the child in the story. Talk about the pictures in the book, ask questions and let the child tell the story. Pause to let the child talk about their experiences.

2. Discussion

1. Engage parents in a conversation about sleep and health.
2. Be sure to review each of the key points and expand where necessary.
3. Give parents the opportunity to ask questions about sleep or any other health issue they have a question about.
4. Give each parent the Sleep Parent Education Handouts.

3. Activities

1. Handout the [Bedtime Chart](#), [Ideas To Make The Bedroom A Great Place To Sleep](#), and [ABCs Reminder](#).

4. What did you learn?

[Take the survey.](#)

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Health

Rady
Children's

Community
Doc Talks

Topics:

- Healthy Teeth
- Visit the Doctor

Did
You
Know?



Key messages

- ✚ *Help brush your child's teeth twice every day with fluoride toothpaste as soon as their first tooth grows*
- ✚ *Take your child for their well-child check-up on schedule*

1. Book

[Potter The Otter Gets Ready for Kindergarten](#) by Kate Chuang

1. Before you start reading, show the book and ask, "What do you think this book is about?" (Demonstrates a key reading strategy to parents). Read the story two times.
2. The first time read straight through. Ask questions at the end (i.e., Where are your teeth? How do you take care of them?)
3. The second time pause to ask questions. Stop every few pages to ask questions.
4. Engage the child in the story. Talk about the pictures in the book, ask questions and let the child tell the story. Pause to let the child talk about their experiences.

2. Discussion

1. Engage parents in a conversation about health. Be sure to reinforce those regular visits to the dentist are just as important as seeing the doctor.
2. Be sure to review each of the key points and expand where necessary. You can show samples of training toothpaste versus fluoride toothpaste, so parents know which to buy.
3. Give parents the opportunity to ask questions about oral health or any other health issue they have a question about.
4. Give each parent the Health Parent Education Handouts.

3. Activities

1. Handout the [Breastfeeding Resources](#), [Healthy Teeth Chart](#), and [Visit the Doctor Chart](#).

4. What did you learn?

[Take the survey](#).

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Physical activity



Topics:

- Be Active
- Play Together
- Take on Challenges
- Screen Time

Did
You
Know?



Key messages

- ✚ *Help your children be active every day*
- ✚ *Make a special time to play with your child every day*
- ✚ *Make a plan with your child to take on new challenges and activities*
- ✚ *Make a family media plan*

1. Book

From Head to Toe by Eric Carle

1. Before you start reading, show the book and ask, “What do you think this book is about?” (Demonstrates a key reading strategy to parents). Read the story two times.
2. The first time read straight through. Ask questions at the end (i.e., What else can you bend? Can you jump like a frog?)
3. The second time pause to ask questions. Stop every few pages to ask questions.
4. Engage the child in the story. Talk about the pictures in the book, ask questions and let the child tell the story. Pause to let the child talk about their experiences.

2. Discussion

1. Engage parents in a conversation about physical activity.
2. Be sure to review each of the key points and expand where necessary.
3. Give parents the opportunity to ask questions about physical activity or any other health issue they have a question about.
4. Give each parent the Physical Activity Parent Education Handouts.

3. Activities

1. Handout the [Be Active Chart](#), [What Did We Play Together This Week Chart](#), [New Things To Try Chart](#), and the [Screen Time Chart](#).

4. What did you learn?

[Take the survey.](#)

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Conflict



Topics:

- Manage Conflict
- Behavior and Discipline
- Solve Problems
- Talk about Feelings
- Catch Them Being Good

Key messages

Did
You
Know?



- ✚ *It is important to know how to handle disagreements in a way that is not harmful to you, or your children Make clear rules and stick to them*
- ✚ *Practice solving problems with your kids every day Talk about feelings with your children*
- ✚ *Catch your child being good*

1. Book

[The Feelings Book](#) by Todd Parr

1. Before you start reading, show the book and ask, “What do you think this book is about?” (Demonstrates a key reading strategy to parents). Read the story two times.
2. The first time read straight through. Ask questions at the end (i.e., How do you feel today?)
3. The second time pause to ask questions. Stop every few pages to ask questions.
4. Engage the child in the story. Talk about the pictures in the book, ask questions and let the child tell the story. Pause to let the child talk about their experiences.

2. Discussion

1. Engage parents in a conversation about behavior, discipline, and feelings.
2. Be sure to review each of the key points and expand where necessary.
3. Give parents the opportunity to ask questions about feelings or any other health issue they have a question about.
4. Give each parent the Conflict Parent Education Handouts.

3. Activities

1. Handout the [House Rules Chart](#), [How Are You Feeling Today Chart](#), and the [Ways To Encourage Good Behavior Handout](#).

4. What did you learn?

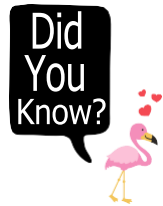
[Take the survey](#).

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Topics:

- Show Your Love
- Gender Expression
- Talk, Read, Sing



Key messages

- ✚ *Show your children your love and attention every day*
- ✚ *Show your children you love them no matter what gender they express*
- ✚ *Talk, read, and sing with your children all day every day*

1. Book

[You Are My Love, I Love You](#) by Maryann Cusimano and Satomi Ichikawa

1. Before you start reading, show the book and ask, “What do you think this book is about?” (Demonstrates a key reading strategy to parents). Read the story two times.
2. The first time read straight through. Ask questions at the end.
3. The second time pause to ask questions. Stop every few pages to ask questions.
4. Engage the child in the story. Talk about the pictures in the book, ask questions and let the child tell the story. Pause to let the child talk about their experiences.

2. Discussion

1. Engage parents in a conversation about reading and positive parent-child interactions.
2. Be sure to review each of the key points and expand where necessary.
3. Give parents the opportunity to ask questions about reading or any other health issue they have a question about.
4. Give each parent the Bonding Handouts.

3. Activities

1. Handout the [Talk, Read, and Sing Together Every day Handout](#).

4. What did you learn?

[Take the survey](#).

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Parental support



Topics:

- Ask for Help
- Take a Break
- Parent's Experiences Affect Their Children

Did You Know?



Key messages

- ✚ *Reach out for help so your child grows to their full potential*
- ✚ *Take a break when you have a lot of emotions to deal with*
- ✚ *Our past experiences and how we cope with them affect how we take care of our children when we become parents*

1. Book

[Penguin Problems](#) by Jory John

1. Before you start reading, show the book and ask, "What do you think this book is about?" (Demonstrates a key reading strategy to parents). Read the story two times.
2. The first time read straight through. Ask questions at the end.
3. The second time pause to ask questions. Stop every few pages to ask questions.
4. Engage the child in the story. Talk about the pictures in the book, ask questions and let the child tell the story. Pause to let the child talk about their experiences.

2. Discussion

1. Engage parents in a conversation about asking for help and taking a break.
2. Be sure to review each of the key points and expand where necessary.
3. Give parents the opportunity to ask questions about the importance of asking for help or any other health issue they have a question about.
4. Give each parent the Parental Support Handouts.

3. Activities

1. Handout the [Helpful Resources Handouts](#), [Fun & Calming Breathing Skills for Children](#), and [Practice Gratitude Handout](#).

4. What did you learn?

[Take the survey](#).

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Handouts

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Fun Ways to Drink Water

Try these fun ideas to make drinking water fun:

Get a fun water bottle



Add frozen fruit

Add cucumbers

Add mint



Color your water

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When did we eat together this week?

Check a box for each day you ate together as a family.



- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday
- Sunday



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What fruits & vegetables did you eat this week?

Write down what fruits & vegetables you ate this week.

Fruits:

Vegetables:

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My Bedtime Plan





Brush Teeth

Read a story

Go to sleep



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Ideas to make the bedroom a ...great place to sleep.....

Use a fan or white noise machine



Use lightweight sheets



Keep the room cool by opening A window



Turn off flashing lights



Wake up at the same time every day



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ABCs Reminder

When you put your baby to sleep, make sure you check all boxes.

Is my baby...

- Alone
- On her/his back
- In her/his crib or bassinet

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Breast Feeding Help

Breastfeeding resources:

San Diego County Breastfeeding Coalition 3665 Kearny Villa Rd.,
San Diego, CA 92123 Phone:
(800) 371-6455

U.S. Department of Health and Human Services
<https://www.womenshealth.gov/breastfeeding/breastfeeding-resources>

La Leche League International
<https://www.llli.org/>

If I'm having problems with breastfeeding, I will reach out to:

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I brushed my teeth



Morning

Night

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday



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Well-childcheck-ups

Write down the date and time of your child's next well-child check-up here:

Date:

Time:

2 months

4 months

6 months

9 months

12 months

15 months

18 months

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Let's get moving!

Moving and dancing is a great way to keep our bodies healthy and strong!

Family dance party

Turn on some music and dance together from room-to-room in a conga line. Stop the music every once in a while, to play "Freeze Dance!"

Red light, green light

When you say, "green light," your child has to run fast, then stop when you say "red light." Allow your child to say "red light, green light" for you to stop and move, too!

Animal moves & grooves

Take turns pretending to move like different animals and guess which animals they are!



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What did we play together this week?

Monday _____

Tuesday _____

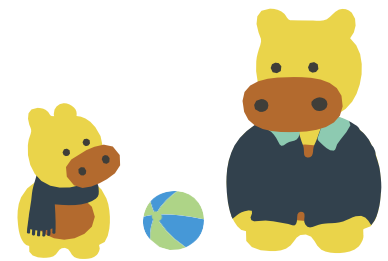
Wednesday _____

Thursday _____

Friday _____

Saturday _____

Sunday _____



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Let's try
new things



New things to try:

- Go for a hike
- Play a new game
- Read a new book
- Meet new friends
- Play a new sport
- Play a new game



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How to earn screen time

- All chores completed
- Read 30 minutes
- 30 minutes outside play



screen time rules

- No fighting/backtalk
- No screens during meals
- no lying/missing tasks
- Obey screen free times



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House rules

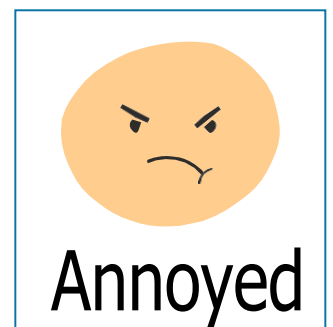
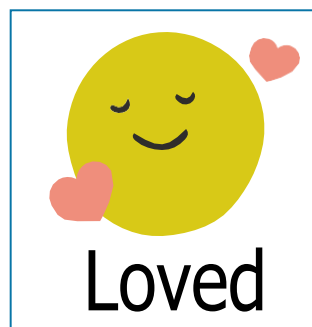
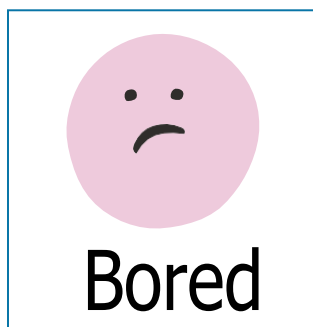
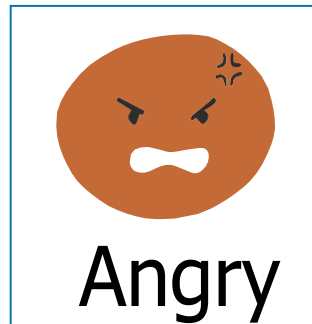
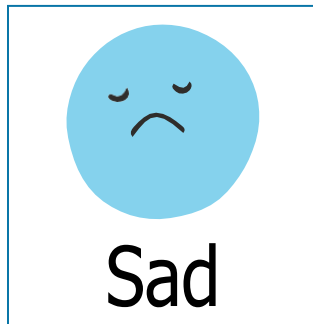
1. Always say, "please and Thank you"
2. No dessert until after dinner
3. Turn off electronics at 7:30 pm
4. Bedtime is at 8:30 pm
5. No hitting others or throwing things when we are mad
6. _____
7. _____
8. _____
9. _____
10. _____

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How are you feeling today?

.....



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Ways To Encourage Good Behavior

Create a warm fuzzy jar

Mark a jar with each child's name and buy lots of colorful pom-poms from a craft jar. Every time you catch your child being good, add a "warm fuzzy" to the jar.

Soon they will be competing to be good!



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Talk, read, and sing together every day!



TIP: Respond to your baby's first smiles, gurgles, and coos – they're talking to you, and they want you to talk too!



TIP: Hold and talk to your baby; smile and be cheerful while you do.



TIP: Read books to your baby every day. Praise them when they babble and "reads" too



TIP: When you read with your child, have them turn the pages. Take turns labeling pictures with your child.



TIP: Describe what your baby is looking at; for example, "red, round ball."

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Helpful Resources



We recommend these resources for getting help:

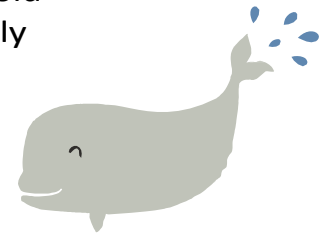
1. Call the **Behavioral Health Services** number on the back of your insurance card or go through your insurance home website.
2. Contact **SmartCare - Behavioral Health Consultation Services** at (858) 956-5901. Accepts all ages. No cost to families.
3. Search the “**Find a Therapist**” database at: **www.psychologytoday.com**

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Fun & calming breathing skills for children (pssst...adults can use them too!)

Whale Breath Take a deep breath in through your nose and hold it while you count to five. Then tilt your head up to exhale strongly through your mouth, just like a whale pushes water out the blowhole. Repeat 5-10 times. This is a good breath to do when you're angry and need to calm down.



Bumble bee breath Close your eyes and plug your ears. Inhale through your nose and quietly hum as you exhale, just like a bumble bee! Notice the vibrations in your head.

Bunny Breath Pretend you're a bunny sniffing a flower. Take three quick inhales through your little bunny nose then one long exhale through your mouth. Repeat at least three times.



Straw Breath Make your tongue into a "straw" shape by curling both sides up. Deeply inhale through your tongue straw and imagine you're slurping up a cool, refreshing glass of water. Exhale through your nose. Use this breath to cool down on hot days.

Snake breath Breathe through your nose, and then slowly and smoothly breathe out with a hissing noise for as long as you can. Try this breath seated or doing cobra pose, arching up when you inhale and then slowly returning to your belly during your hissing exhale.

Dragon fire breath Interlace your fingers underneath your chin. Inhale and lift your elbows up so they frame your face, and your chin is resting on your interlaced fingers. Exhale, lifting your head up while you whisper "ha", like a dragon breathing fire. At the same time, bring your elbows back down so they touch each other. Use this breath when you're tired and need energy or you're feeling scared and need the bravery of a dragon.

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Practice Gratitude

For young kids:

Encourage your child to spend five minutes every day listing the things they are grateful for. This could be done together just before bedtime or after dinner.

I am grateful for:

1. _____

2. _____

3. _____

For older kids and adults:

Keep a “Good Things Journal.” In this journal you can list 3 good things you see every day and the role that you had in those good things.



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Surveys

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Blue Shield Promise and Rady Children's are independent entities.



What did you learn?

1. Was the information clear and easy to understand?
 Excellent Very good Good Fair Poor
2. Where the videos used easy to understand?
Drink Water Yes No
Eat Together Yes No
Eat Fruits And Vegetables Yes No
Breast Milk Is Best Yes No
3. Was the person presenting friendly and easy to talk to?
 Yes No
4. What did you learn today? (Select all that apply)
 I need to give my child water to drink every day
 We need to sit down and eat meals as a family
 My child needs to eat a rainbow of fruits and vegetables every day
 I need to breastfeed my baby for one year
5. What new habits are you going to start based on what you learned today with tools provided?

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What did you learn?

1. Was the information clear and easy to understand?

- Excellent Very good Good Fair Poor

2. Where the videos used easy to understand?

Bedtime Plan Yes No

Easy Sleep Yes No

Safe Sleep For Babies Yes No

3. Was the person presenting friendly and easy to talk to?

- Yes No

4. What did you learn today? (Select all that apply)

- My child needs a special bedtime plan that we can follow every night
 My child needs a calm room or area for the best sleep
 To minimize SIDS risk my child should sleep alone, on his/her back and in a crib

5. What will you do with this information?

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Promise Health Plan



What did you learn?

1. Was the information clear and easy to understand?

- Excellent Very good Good Fair Poor

2. Where the videos used easy to understand?

- Healthy Teeth Yes No
Visit The Doctor Yes No

3. Was the person presenting friendly and easy to talk to?

- Yes No

4. What did you learn today? (Select all that apply)

- I need to help brush my child's teeth twice every day with fluoride toothpaste as soon as their first tooth grows
 I need to take my child for his/her well-child check-up on schedule

5. What will you do with this information?

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What did you learn?

1. Was the information clear and easy to understand?

- Excellent Very good Good Fair Poor

2. Where the videos used easy to understand?

Be Active Yes No

Play Together Yes No

Take On Challenges Yes No

Screen Time Yes No

3. Was the person presenting friendly and easy to talk to?

- Yes No

4. What did you learn today? (Select all that apply)

- I need to help my children be active every day
 I need to take a special time to play with my child every day
 I need to make a plan with my child to take on new challenges and activities
 I need to make a family media plan for my children

5. What will you do with this information?

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What did you learn?

1. Was the information clear and easy to understand?

- Excellent Very good Good Fair Poor

2. Where the videos used easy to understand?

- Manage Conflict Yes No
Behavior and Discipline Yes No
Solve Problems Yes No
Talk About Feelings Yes No
Catch Them Being Good Yes No

3. Was the person presenting friendly and easy to talk to?

- Yes No

4. What did you learn today? (Select all that apply)

- It is important to know how to handle disagreements in a way that is not harmful to me or my children
 I need to make clear rules for my child and stick to them
 I need to practice solving problems with my kids every day
 I need to talk about feelings with my children
 I need to catch my child being good

5. What will you do with this information?

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What did you learn?

1. Was the information clear and easy to understand?

- Excellent Very good Good Fair Poor

2. Where the videos used easy to understand?

Show Your Love	Yes	No
Gender Expression	Yes	No
Talk, Read, Sing	Yes	No

3. Was the person presenting friendly and easy to talk to?

- Yes No

4. What did you learn today? (Select all that apply)

- I need to show your children my love and attention every day
 I need to show my children I love them no matter what gender they express
 I need to talk, read, and sing with my children all day every day

5. What will you do with this information?

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What did you learn?

1. Was the information clear and easy to understand?

- Excellent Very good Good Fair Poor

2. Where the videos used easy to understand?

Ask for Help	Yes	No
Parents Experiences affect Their Children	Yes	No
Take a Break	Yes	No

3. Was the person presenting friendly and easy to talk to?

- Yes No

4. What did you learn today? (Select all that apply)

- I need to reach out for help so my child grows to their full potential
- I need to take a break when I have a lot of emotions to deal with
- My past experiences and how I cope with them affect how I take care of my children

5. What will you do with this information?

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