

Topic: Children's Health

Raising children today is tough! Sometimes the details of keeping our kids healthy and happy are overwhelming. There are medical appointments, educational hurdles, relationships and more to simultaneously tackle. When you need support or a refresher on the things that are necessary for the health of your child, visit the link below to be reminded of steps you can take to support your child's wellbeing. Articles and guidance on issues such as sleep, exercise, emotional wellness, and nutrition are there to support you on your parenting journey.

Healthy Living Healthy Children

<https://www.healthychildren.org/english/healthy-living/pages/default.aspx>

Community Wellness & Faith Community Health Services at Carle connects you and your faith community to needed healthcare and wellness support, taking a whole-person approach to health.

To learn more about bringing healthcare and wellness resources to your faith community, call (217) 902-3160 or email FaithCommunityHealth@carle.com.



Carle Faith Community
Nursing Network