

Online Resources to Support Healthy Behaviors



Mass General Brigham
Mass General for Children

Could your family use ideas for ways to be more active?

What about help planning healthy meals?

Here are some great online tools and resources that offer tips and support to families making choices to do what they can to be healthy.

Physical Activity

Looking for fun ways to help kids be active? Trying to figure out how to make time to be active?

[GoNoodle.Com](#)

Videos that appeal to boy and girls of all ages to dance and sing. Activity handouts too!



[Move Your Way](#)

A tool to help parents figure out ways and time to encourage kids to be more active.

Self Care for Kids

Wonder how to help when your child is sad or stressed? Or what to do if they are being bullied?

[Flow and Steady from GoNoodle.com](#)

A fun site for relaxation and breathing videos for kids.



[StopBullying.gov](#)

Watch a video and learn about bullying, ways to help a child who is being bullied, and people and places to go to for help.

Food and Meals

Want ideas for food and meals, cooking, shopping on a budget, and feeding a family?

[My Plate](#)

Recipes and resources for meal planning and a quiz to direct you to information based on needs.



[Cooking Matters](#)

Short videos to help your family focus on healthy meals.

Sleep

How can you help your child get the sleep they need? How much sleep do they need at their age?

[Healthy Children's Sleep Guidelines](#)

A great website for information and ideas to help improve kids sleep habits.

