

Digital Family Resource List



Caregiver Resources



Try these APPs



Printable Activities



Play & Learn Websites



Videos to Watch

Caregiver Resources



How to Handle Picky Eaters
[Picky Eaters](#)

Kitchen Helpers Activity
[Handout](#)

Parent Help 123
<https://www.parenthelp123.org/>

Try these APPs



WIC Shopper APP
[WIC App](#)

Stay Play Grow App
[Stay Play Grow!](#)

Printable Activities



Healthy Eating
[Recipes and Meal Planning](#)

Good Manners Box
[Craft](#)

Tips for A Choosy Eater
[Nibbles EN](#)
[Nibbles SP](#)

Counting and Coloring the Number 1
[Coloring Page](#)

Play & Learn Websites



Healthy Brains Healthy Kids
[Stay Healthy](#)

Young Chef's Club
[Chef Club](#)

Videos to Watch



Giraffe Problems