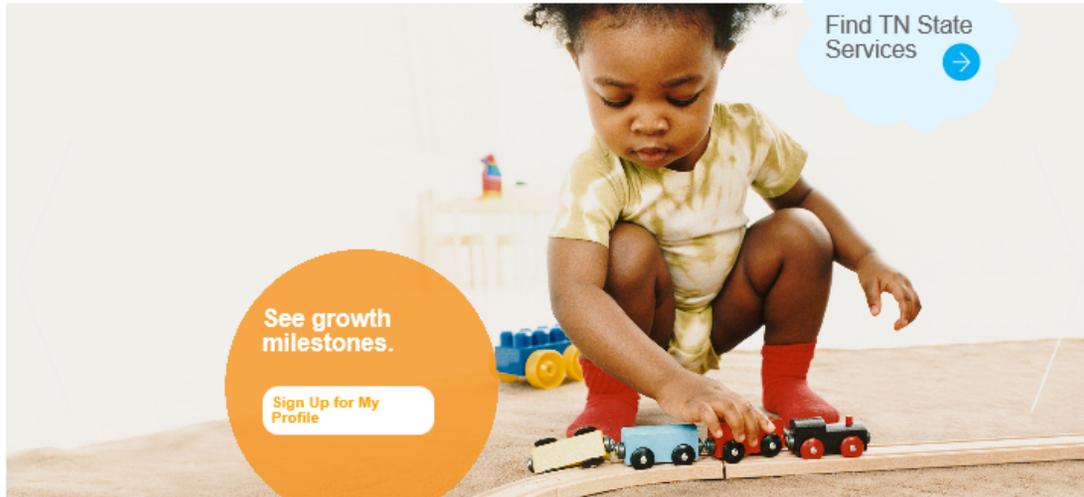




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See growth milestones.

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Five Small Starts to Becoming a Healthier Family in the New Year



As a family, you can start new habits that will help your children grow and develop properly, perform better in school, and ...



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The stress of caring for a child with a disability or other special behavioral health or emotional condition can cause a ca ...



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How to Manage Seasonal Affective Disorder (SAD)





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Co-Occurring Disorders (COD) are when people have both a substance abuse problem and mental h...

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Adventure Program offers comprehensive Intensive Outpatient Treatment program that serves youth...

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With our app, you'll get mobile access to state services, receive useful notifications and have important contact info on the go.

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Review important milestones, access health information and bookmark helpful articles.

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Nutrition



When Kids Get Sick



Oral Health



Physical Activity



Safety



Checkups



Insurance



Pregnancy



Mental & Emotional Health



Home Health →

- ➔ Nutrition/Transitioning to Solid Foods
- ➔ Good Nutrition Begins at Home
- ➔ Breastfeeding
- ➔ Family Mealtime
- ➔ Dads Play an Important Role in

Should You Take Your Child?

- ➔ Keeping Kids Healthy
- ➔ Fighting Fever
- ➔ Managing Medication: Dosage Tips for Children

- ➔ TennCare Dental
- ➔ Teething
- ➔ Tips on Brushing and Caring for Your Child's Teeth



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Safety



→ Home Safety: Childproofing Your Home

→ Child Safety Seats

→ Thirdhand Smoke

→ Infant CPR (Cardiopulmonary Resuscitation)

→ Choking Infant

→ Shaken Baby Syndrome

→ How to Cope With Your Fussy Baby

→ ABC's of Safe Sleep

→ Look Before You Lock: Don't Leave Kids Alone in Hot Cars

→ Water and Sun Safety

→ Adverse Childhood Experiences (ACEs): Protecting Your Child and Building Resiliency

→ Return Unused Medicine to Prevent Drug Abuse

→ How to Prepare Your Family for Emergencies



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A healthy start**Starts Here.**Find TN
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Adverse Childhood Experiences (ACEs): Protecting Your Child and Building Resiliency

When protecting your child and building resiliency, it's important to talk about adverse childhood experiences that can lead to toxic stress. Some stress is normal and healthy, but too much can cause problems. We all work hard to stay healthy, and as we all deal with stress, it's important to learn more and talk about ACEs and toxic stress.

The Center for Disease Control (CDC) measured these Adverse Childhood Experiences or ACEs:

Exposure to these caregiver behaviors:

- Humiliating child
- Insulting child
- Swearing at child
- Pushing, grabbing, or slapping child
- Making a child afraid of being hurt
- Inappropriate sexual contact
- Child did not feel loved or cared for

Safety

[Home Safety: Childproofing Your Home](#)[Child Safety Seats](#)[More...](#)

Related Services



Building Strong Families in Rural Tennessee (BSF) program

BSF is designed for families at high risk of losing their children to custody with the Tennessee Department of Children's Services when the

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Programs & Features



Crisis Services for Children



Basic Needs



Adoption, Foster/Resource Parents



Child Care



Child Support



Full Family Support



Life Skills



Support

➔ Get the Free kidcentral tn Mobile App!

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➔ Helping Children Through a Difficult Time

➔ Substance Abuse

➔ Reporting Child Abuse

➔ Food Programs

➔ Housing Services

➔ SNAP (Formerly Known as Food Stamps)—Eligibility Information

➔ National School Lunch Program



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Life Skills



→ Family Planning

→ Getting a Driver's License or General ID

→ Extension of Foster Care Services

→ Taking Care of Your Money

→ Choosing a Home That's Right for You

→ Understanding Health Insurance Options

→ Getting on the Right Track for Employment

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→ Suicide Prevention

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Help is Here
When You Need It.

TN State services help families grow stronger.



View All Services

4 Results

1

- The Family Center - Positive Parenting**
 Positive Parenting is an eight-week class designed for parents and caregivers of children birth-11 years of age. Parents come together to share experiences and discuss a variety of topics including child development, understanding and managing children's b...
 Nashville
 Approx 2.21 mi.
 Ages Served: Full Family Support
 Category: [More](#)
- Nurturing Parent Program**
 The Nurturing Parent program includes 2-hour sessions where family support workers/staff meet with the family weekly for 8 weeks. These classes are effective for families facing a variety of parenting challenges, and focuses on positive changes in paren...
 Nashville
 Approx 2.21 mi.
 Category: [More](#)
- Child Support Noncustodial Parent Employment Demonstration (CSPED)**
 CSPED is a grant funded program designed to help Noncustodial Parents find employment so they can pay their Child Support. We are located in 3 cities across the state (Memphis, Nashville and Chattanooga). We work closely with the Department of Labor an...
 Nashville
 Approx 6.3 mi.
 Category: [More](#)
- Nurturing Camp/Parenting Classes**
 The Center for Family Development's Nurturing Camp partners with the Summer Feed program to provide a daily "camp" during June and July. The Family Nurturing Camp curriculum is administered to the children. At the end of July, we reward the children that...
 Shelbyville TN
 Approx 34.84 mi.
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[Health](#)[Education](#)[Development](#)[Support](#)

Family-sized Support.



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The Family Center - Positive Parenting

Positive Parenting is an eight-week class designed for parents and caregivers of children birth-11 years of age. Parents come together to share experiences and discuss a variety of topics including child development, understanding and managing children's behavior, self-esteem, communication, child safety, stress management, and parenting styles. Classes are taught by experienced mental health professionals.

Eligibility Requirements

No eligibility requirements to participate in the class. The Center will grant financial aid if the family fits into the Department of Human Services poverty guidelines based on household income and family size. Proof of income is required to qualify for financial aid.

How to get started

1. Use one of these methods to contact this service:

 Phone

2. Find the location closest to you below, and use their contact information.

Ages Served

Full Family Support

Nashville

139 Thompson Lane

Nashville, TN 37211

Monday-Friday, 8am - 5pm

 (615) 333-2644

 dbunch@familycentertn.org

 www.familycentertn.org

Murfreesboro

115 Heritage Park Drive

Murfreesboro, TN 37129

Monday-Friday, 9am - 5pm

 (615) 890-4673

 kstevens@familycentertn.org

 www.familycentertn.org

Related Services



Children's Advocacy Center for the 31st Judicial program

The Children's Advocacy Center for the 31st Judicial District is a safe and child-friendly facility where children who may be victims of sexual



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Child and Parenting Skills (CAPS) program

CAPS is a school-based group intervention program for pregnant and/or parenting teens - both male and female. The program is offered free



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Health

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**Faye**Age: **2** years old

2 years

At 27-30 months, your child may:

- Provide appropriate answers for "where" questions that deal with familiar information like: "Where does daddy work?" or "Where do you sleep?"
- Understand spatial concepts (on, under, out of, together and away from)

[Read More](#) 

Child Bookmarks [Edit](#)

 Language Development: 1–3 Years Brain Development Toddlers (1–3 years) Fine and Gross Motor Skills: 1–3 Years Benefits of Reading to Your Child Child Safety Seats Child Care Licensing

Suggested Content For Your Child

Child Care (Star Rating)

One of the biggest decisions facing working parents is finding quality child care. After all, the choice you make today could affect your child's

Resources for Adoptive Parents

Here's information on four organizations that can help you during or after the adoption process. From education to counseling to care,

Physical Activity

Physical activity can help prevent serious health problems, such as obesity and Type 2 diabetes. An active lifestyle and daily exercise reduce

[Health](#)[Education](#)[Development](#)[Support](#)[Back to Profile](#)**Faye**Age: **2** years old

Milestones

2 Years (27–30 Months): They're 

Related Services



Child Care Certificate Program

★★★ program

The Child Care Certificate Program provides assistance to families who need help paying for child care in order to meet the

[More](#) 

2 Years (27–30 Months): They're Still Babies, But More Complex and Growing

Your child is discovering that some things are alike and some things are different. They are beginning to understand big and little, short and long, soft and hard, and many, many more concepts. They are getting better and better at physical things. They can walk, stop quickly and turn corners at this age. They are talking a lot more than before. Also, they have a better understanding of the meaning of words.

Safety First!

- Your child is growing more curious, and their attention span is getting longer. Focus on safety rules both by examples and words.
- Lock away guns, sporting knives, fishhooks, etc.
- Keep toys off the floor to avoid tripping.
- Supervise playground area, sidewalks and other areas where children run and play.
- Avoid letting your child carry glass containers, or heavy or sharp objects. Remember spills and mishaps will occur.
- Always buckle your child in an approved car seat when riding in a car, truck, van or any motor vehicle.

Things Your Child May Do at This Age

- Close snaps and unbutton large buttons
- Pedal a tricycle
- Run without falling
- Point to body parts on a doll or on their own body

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Create your own profile, access your bookmarked articles and save state services from your smart phone.

Find State Services from anywhere.

With our app, you'll get mobile access to state services, map directions and find important contact information, no matter where you are.



Use the kidcentral tn Refrigerator Magnet

Save all of your child's important information and emergency contacts to have with you at all times. Then share that information with babysitters, educators, doctors, or whoever you choose.

Facebook and Twitter



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Big announcement as we gear up for Child Health Week (October 7 - 13)! First Lady **Crissy Haslam** and the **Tennessee Department of Health** are teaming up to launch "Welcome Baby" which will provide parents of new babies with a welcome packet containing information and resources - including information about kidcentral tn. We're thrilled to be a part of this amazing initiative for Tennessee's newest residents. Help us spread the word!

<http://news.tn.gov/noda/11437>



Tennessee Launches "Welcome Baby" Initiative | TN.gov Newsroom

Tennessee Launches "Welcome Baby" Initiative Monday, September 30, 2013 | 09:48 am

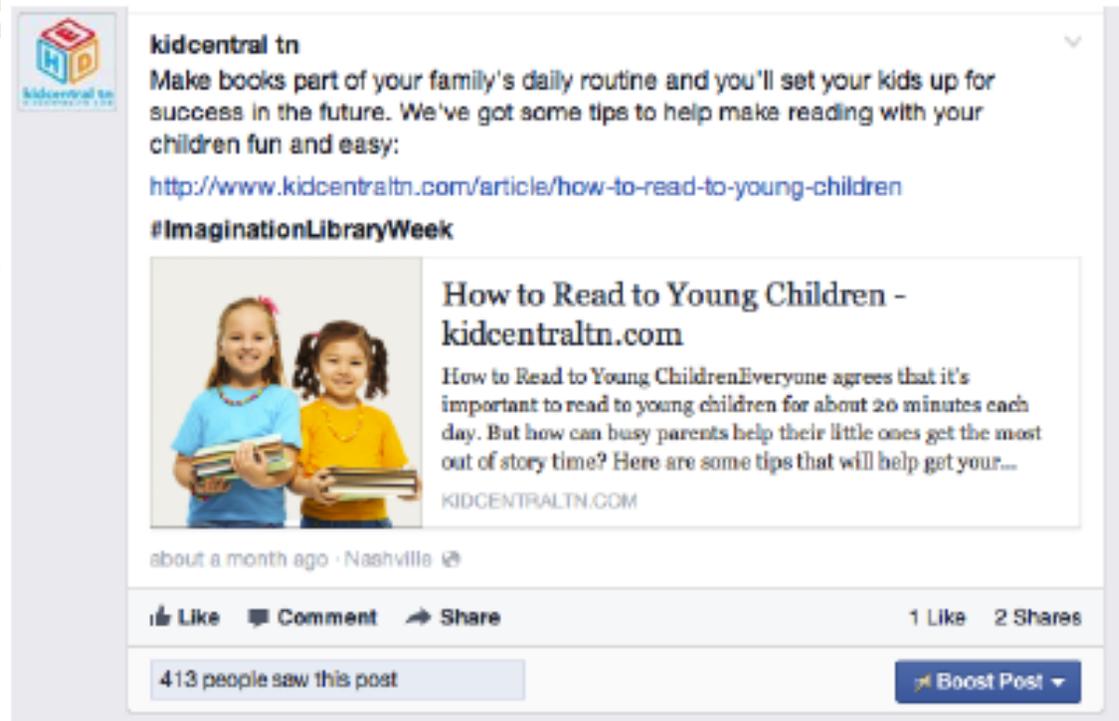
Risks for Tennessee Newborns NASI that 70,000 new Tennesseans are!

NEWS.TN.GOV

about 3 weeks ago · Nashville

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kidcentral tn

Make books part of your family's daily routine and you'll set your kids up for success in the future. We've got some tips to help make reading with your children fun and easy:

<http://www.kidcentraltn.com/article/how-to-read-to-young-children>

#ImaginationLibraryWeek



How to Read to Young Children - kidcentraltn.com

How to Read to Young Children Everyone agrees that it's important to read to young children for about 20 minutes each day. But how can busy parents help their little ones get the most out of story time? Here are some tips that will help get your...

KIDCENTRALTN.COM

about a month ago · Nashville

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Boost Post

How you can help:

- #1: Introduce kidcentral tn to parents/partners as an additional resource
- #2: Sign up to receive kidcentraltn emails & encourage parents to sign up
- #3: Help families create Profiles for their children
- #4: Like kidcentral tn on Facebook/ Follow on Twitter

