

Keys to Growing Kids

TOT TIME | WIGGLES AND GIGGLES | NURTURE YOUR NEWBORN | ADOPT A GRANDPARENT



What is Keys to Growing Kids?

Keys to Growing Kids facilitates family health and education workshops, developmental playgroups, and parent support groups.

Support groups and playgroups throughout the Keys include:

- Tot time (0-5 years of age)
- Wiggles and Giggles (1-4 years of age)
- Nurture Your Newborn (0-4 months of age)

Tot Time includes educational activities, games, snacks, stories, music, guest speakers, field trips, educational activities, social interactions and more.

Wiggles and Giggles includes a variety of activities that keep the kids moving, dancing, and excited to learn, all while inside protected from the elements.

Nurture your Newborn offers support to new parents during the first few months of parenthood. This program provides opportunities to meet others, ask questions, and enjoy snacks. We are here for you during this 4th trimester.

How much does it cost?

All programs are free!
Donations are always welcome.

Programs in Development

- Adopt a Grandparent
- Postpartum Doulas
- Parent Coaching
- Lactation Support



For more information about our Keys to Growing Kids programs or the program schedule in your area, please contact us at:

www.keyshealthystart.org

305-293-8424

info@keyshealthystart.org

Visit us on Facebook, Instagram & Twitter!



Keys Healthy-Start



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The Florida Keys Healthy Start Coalition unites people and resources to improve the health and well-being of pregnant women, children, and their families in Monroe County.