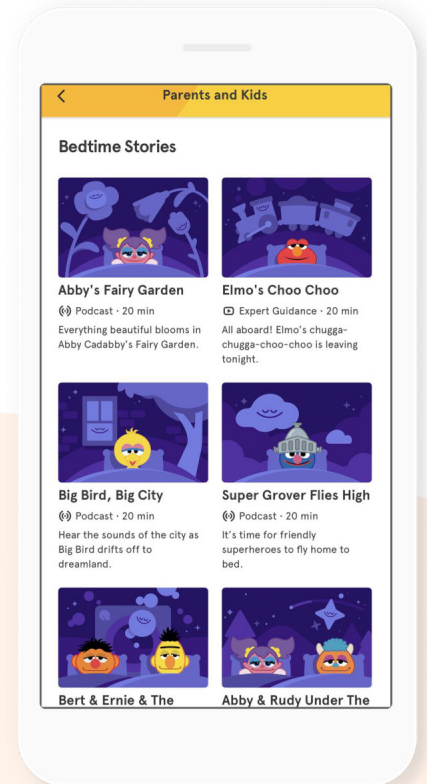
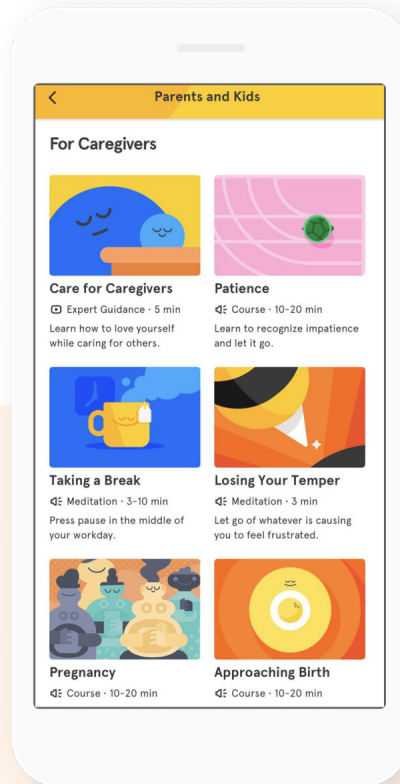
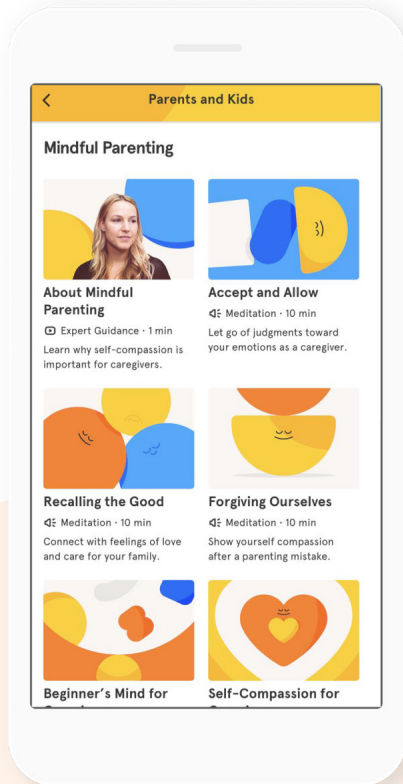


Support for Kids and Parents



Help your family build healthy habits that foster compassion, communication and support. Through Headspace, you can find support on, mindful parenting and caregiving, approaching pregnancy & birth, bedtime meditation with Sesame Street, and tailored meditation for kids under 5 – 12 years.



If you haven't yet, sign up for Headspace and download the app today.

work.headspace.com/optioncarehealth/member-enroll

Check out these short meditations and resources to help you experience more calm in your day:

[Goodnight Body with Elmo](#)

[Paying Attention](#)

[Helping Kids Focus](#)

[Pregnancy Meditation](#)