

Spring is a wonder
This simple activit



PARENT NEWSLETTER



APRIL 2025

EDUCATION TEAM

DEAR PARENTS,

SPRING IS A WONDERFUL TIME TO ENJOY THE OUTDOORS AND CREATE SPECIAL MEMORIES WITH YOUR CHILD! THIS MONTH, WE ENCOURAGE YOU TO TAKE A SPRING NATURE WALK TOGETHER. WHILE WALKING, COLLECT SMALL ITEMS LIKE LEAVES, FLOWERS, OR INTERESTING ROCKS. WHEN YOU RETURN HOME, HELP YOUR CHILD CREATE A SPRING COLLAGE USING THE ITEMS YOU FOUND. THIS SIMPLE ACTIVITY BUILDS LANGUAGE SKILLS, ENCOURAGES CURIOSITY, AND STRENGTHENS YOUR BOND. BE SURE TO TALK WITH YOUR CHILD ABOUT THE COLORS, SHAPES, AND TEXTURES THEY DISCOVER!

HAPPY SPRING!



NUTRITION TIPS

GUIDING HEALTHY FOOD CHOICES FOR CHILDREN: UNDERSTANDING FOOD LABELS



WHEN MAKING NUTRITION-FOCUSED FOOD CHOICES FOR CHILDREN, IT'S ESSENTIAL TO SELECT FOODS THAT ARE LOW IN ADDED SUGARS, UNHEALTHY FATS, AND SODIUM. READING FOOD LABELS IS AN IMPORTANT STEP IN AVOIDING HIDDEN SUGARS, UNHEALTHY FATS, AND HIGH SODIUM LEVELS, WHICH CAN NEGATIVELY IMPACT HEALTH. YOU CAN FIND FOOD LABELS ON MOST PACKAGED FOODS, TYPICALLY ON THE BACK OR SIDE. THESE LABELS PROVIDE KEY INFORMATION, INCLUDING SERVING SIZES, CALORIES, FAT CONTENT, SODIUM, AND INGREDIENTS. FOR FRESH PRODUCE, LIKE FRUITS AND VEGETABLES, LABELS AREN'T AVAILABLE, BUT NUTRITION INFORMATION MAY BE FOUND AT THE STORE OR ONLINE.

WHEN READING FOOD LABELS, START BY CHECKING THE SERVING SIZE, AS IT DETERMINES THE NUTRITIONAL CONTENT. NEXT, REVIEW THE CALORIE COUNT AND BE MINDFUL OF "TOTAL FAT," "SATURATED FAT," AND "TRANS FAT," AIMING TO LIMIT UNHEALTHY FATS. ALSO, REDUCE SODIUM AND ADDED SUGARS WHENEVER POSSIBLE. THE "INGREDIENTS" LIST IS KEY, OPT FOR FOODS WITH SIMPLE, RECOGNIZABLE INGREDIENTS AND AVOID THOSE WITH ADDED SUGARS OR ARTIFICIAL ADDITIVES. LASTLY, LOOK FOR FOODS RICH IN VITAMINS, MINERALS, AND FIBER TO ENSURE CHILDREN RECEIVE THE NUTRIENTS NEEDED FOR THEIR GROWTH AND DEVELOPMENT

HEALTH NEWS

Tooth decay stands as the most prevalent chronic disease among children, impacting their lives in far-reaching ways. It can cause discomfort, hindering a child's ability to talk, eat, learn, play, sleep, smile, and even feel confident. Additionally, it can impede their journey through some critical developmental milestones. Fortunately, the good news is that tooth decay in children is largely preventable. With just a few simple steps, you can help safeguard your child's dental health!



1. ****BRUSH WITH CARE:** ** MAKE IT A ROUTINE TO BRUSH YOUR CHILD'S TEETH WITH A SAFE AND EFFECTIVE FLUORIDE TOOTHPASTE SPECIFICALLY DESIGNED FOR CHILDREN, TWICE A DAY. FOR BABIES, JUST A TINY SMEAR THE SIZE OF A GRAIN OF RICE IS SUFFICIENT FROM THE EMERGENCE OF THAT FIRST TOOTH UNTIL THEY TURN THREE. ONCE THEY REACH THE AGE OF THREE, ELEVATE THE AMOUNT TO A SMALL PEA-SIZED DOLLOP TO ENSURE THAT THEIR DEVELOPING TEETH ARE WELL CARED FOR.

2. ****SCHEDULE DENTAL VISITS EARLY:** ** CONSIDER TAKING YOUR CHILD TO SEE THE DENTIST FOR THEIR FIRST CHECK-UP BY THE TIME THEY CELEBRATE THEIR FIRST BIRTHDAY. THIS VISIT CAN BE THOUGHT OF AS A WELL-CHILD VISIT, BUT FOR YOUR LITTLE ONE'S MOUTH. THE DENTIST WILL CONDUCT A GENTLE AND STRAIGHTFORWARD ORAL EVALUATION, OFFERING VALUABLE TIPS AND IDEAS ON HOW TO MAINTAIN AND PROMOTE YOUR CHILD'S DENTAL HEALTH AS THEY GROW.

3. ****CHOOSE BEVERAGES WISELY:** ** BE MINDFUL OF WHAT YOU OFFER VERY YOUNG CHILDREN, STEERING CLEAR OF JUICE AND SUGARY DRINKS. IT'S SURPRISING TO REALIZE THAT MANY JUICES CONTAIN HIDDEN SUGARS THAT CAN LEAD TO PAINFUL CAVITIES IN THOSE DELICATE LITTLE TEETH, EVEN IN TODDLERS. INSTEAD, FOCUS ON PROVIDING WHOLESOME BEVERAGES DURING MEAL TIMES, SUCH AS MILK AND WATER, TO SUPPORT THEIR OVERALL HEALTH.

DID YOU KNOW



CALLING ALL PREGNANT MOTHERS TO APPLY FOR OUR

Pregnant Moms Program

DID YOU KNOW YOU CN FIND US ON FACEBOOK

<https://4cflorida.org>, we have several Head Start related pages:

- Head Start/Early Head Start page, [click here](#)
- Head Start page, [click here](#).
- Early Head Start page, [click here](#)
- Early Head Start CCP page, [click here](#).
- Maternal Home Visiting Program, [click here](#).
- Head Start Policy Council page, [click here](#).
- Head Start/Early Head Start sites, [click here](#).