



PARENT NEWSLETTER



MARCH
2025



EDUCATION TEAM

Ensuring that your child attends Early Head Start every day is crucial for their early development and educational success. Regular attendance helps them build essential social, emotional, and cognitive skills through consistent interaction with peers and structured learning activities tailored to their developmental stage.

Each day at Early Head Start contributes to their growth in language, problem-solving, and self-confidence, laying a strong foundation for future academic achievements. Making Early Head Start a daily routine gives your child the best opportunity to thrive and prepare for their educational journey.



MONTH OF MARCH

SELF-CARE

TYPES OF SELF-CARE

- Mental Self-care- (Reading a book)
- Physical Self-Care- (Exercising)
- Emotional- (Attend a therapy session)
- Spiritual- (praying or connecting with nature)
- Social Self-Care- going for a coffee with a friend.

YOU ARE IN CONTROL

“Regardless of how things may look around you and, just remember that you are Blessed. Please take a moment and show gratitude for everything in your life big or small”



NUTRITION TEAM

Importance of Nutrition

Drink (12-ounce serving)	Teaspoons of Sugar	Calories
Bottled Water	0 teaspoons	0
Diet Cola	0 teaspoons	0
Sugar-Free Drink Mix	0 teaspoons	0
Sugar-Free Lemonade	0 teaspoons	0
Unsweetened Tea	0 teaspoons	0
Sports Drink	2 teaspoons	75
Lemonade	6¼ teaspoons	105
Orange Juice	7½ teaspoons	160
Sweet Tea	8½ teaspoons	120
Powdered Drink Mix (with sugar)	9 teaspoons	145
Cola	10¼ teaspoons	150
Fruit Punch	11½ teaspoons	195
Root Beer	11½ teaspoons	170
Grape Juice	12 teaspoons	200

Parent Nutrition Tip

NEWS ROOM

How Much Sugar and Calories are in Your Favorite Drink?

Many people don't realize just how much sugar and calories we drink in a day. Use this tip sheet to help your family make smart choices



FAMILY ADVOCATE TEAM



POLICY COUNCIL



CALLING ALL PREGNANT MOTHERS TO APPLY FOR OUR

**Pregnant Moms
Program**

