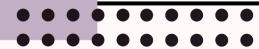


PARENT NEWSLETTER





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

MentalSelf-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 0 teaspoons Sugar-Free Drink Mix 0 teaspoons Sugar-Free Lemonade 0 teaspoons Unsweetened Tea 0 teaspoons 0 Sports Drink 2 teaspoons 75 111111 Lemonade 61/4 teaspoons 105 1111111 **Orange Juice** 71/2 teaspoons 160 11111111 **Sweet Tea** 120 81/2 teaspoons 111111111 Powdered Drink Mix (with sugar) 145 9 teaspoons 10¼ teaspoons ////////// Cola 150 11½ teaspoons ////////// Fruit Punch 195 11½ teaspoons ////////// Root Beer 170 12 teaspoons /////////// 200 **Grape Juice**

ParentNutrition 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





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FAMILY ADVOCATE TEAM





POLICY COUNCIL



CALLING ALL PREGNANT MOTHERS TO APPLY FOR OUR

Pregnant Moms
Program

