



Parent NewsLetter



HAPPY HOLIDAYS



**December
2025**

Education Team

Why Learning During Routines Matters

You are your child's first and most important teacher! Simple daily moments—like diaper changes, meals, bath time, or getting dressed—are great chances for your child to learn. When you talk, sing, play, or name what your child is doing, you help build language, social skills, strong bodies, and thinking skills.

These routines also support what your child is learning in our classrooms. Frog Street (for ages 0–3) uses songs, play, and simple routines to teach early language and social-emotional skills. Connect4Learning (for ages 3–5) helps children grow in math, science, literacy, and social-emotional development through everyday experiences. When you practice these same skills at home during routines, you help your child make stronger connections and learn even more.

By spending a little time each day using these activities, you are helping your child grow—and your time counts as a volunteer contribution (in-kind) to the Early Head Start or Head Start program.

Tip: Try for 30–45 minutes total per day across all routines. You can record this time on your In-Kind Log!



Nutrition tips



Breastfeeding: Best source of nutrition for the first 6 months.

Formula feeding: Safe alternative; follow preparation instructions carefully.

Starting solids (around 6 months): Begin with iron-rich foods (fortified cereals, pureed meats). Introduce one new food at a time. Avoid honey before age 1.

Toddlers (Age 1-3)



Balanced meals: Offer fruits, vegetables, whole grains, dairy, and protein daily. Portion sizes (examples for ages 1–3):

¼–½ slice of bread

¼ cup rice/pasta

½ cup fruit or vegetables

Healthy fats: Avocado, nut butters, fish for brain development.

Limit sugar & salt: Choose fresh or low-sodium options.

Encourage variety: Offer colorful fruits and vegetables.

Nutrition tips



Calcium & Vitamin D: Milk, yogurt, fortified cereals for strong bones.

Healthy snacks: Fruit slices, yogurt, whole-grain crackers.

Family meals: Eating together builds healthy habits.

Health News



To fight the flu, prevent it with annual vaccination, frequent handwashing, and avoiding sick people; if you get it, prioritize rest, hydration (water, soup).

Prevention

- Get Vaccinated: The flu shot is your best defense and available annually, typically by fall.
- Wash Hands: Soap and water for at least 20 seconds, or use sanitizer.
- Cover Coughs/Sneezes: Use a tissue or your elbow to prevent droplet spread.
- Avoid Sick People: Stay away from those with flu symptoms.

Get yourself and your family Vaccinated!

A yearly flu vaccine is the first and most important step in protecting against flu viruses