



Parent NewsLetter



♥ *hello* ♥
FEBRUARY

**February
2026**

Education Team

New Beginning



As we welcome the New Year, here is a simple and meaningful activity you can enjoy at home with children from infants through preschool. Set aside a few minutes each day for “Talk, Read, and Play Time

.” For infants, talk and sing during routines like diapering or feeding. For toddlers and 3-year-olds, read short books, name pictures, and encourage them to point, repeat words, or move along with songs.

For preschoolers, invite them to talk about their day, draw a picture of something they enjoy, or help with simple tasks like sorting toys or setting the table. These everyday interactions support language development, social-emotional growth, independence, and strong family connections.

Nutrition tips



Good nutrition is essential for the healthy growth and development of both mothers and infants.

During pregnancy, a mother's body needs extra vitamins, minerals, and calories to support the growing baby. Some important nutrients to note include folate, which helps prevent birth defects of the brain and spine; iron, which helps prevent anemia in mothers and supports healthy red blood cell development in babies; and calcium, which supports strong bones and teeth for both mothers and their developing babies. After birth, breastmilk or iron-fortified formula provides babies with the nutrients they need for brain development, strong bones, and a healthy immune system. As babies grow, introducing a wide variety of healthy foods helps them get important vitamins and minerals while learning good eating habits.

Nutrition tips



The "Brain-Gut" Connection: Science now confirms that a happy gut means a sharper mind. Prioritize fermented foods and diverse fiber to boost your mood.

Precision Hydration: It's not just about 8 glasses a day anymore; it's about mineral-rich hydration that fuels your cells, not just fills your stomach.

Sustainable Proteins: Whether plant-based or responsibly sourced, high-quality protein is the #1 tool for longevity and metabolic health this year.



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



Oral Health Matters: Why Children 6 Months and Older Need Dental Checkups testing against flu viruses

Early visits prevent problems before they start. A dental checkup helps spot early signs of tooth decay –even before the first tooth fully comes in.

Baby teeth matter. Healthy baby teeth support speech, eating, and proper spacing for adult teeth.

Fluoride protection keeps teeth strong. Dentists can apply fluoride varnish to protect young teeth from cavities.

Parents get guidance. Checkups give families tips on brushing, teething, bottle use, and healthy habits



Supports whole-body health. Good oral health is linked to better nutrition, sleep, and overall well-being



Male Engagement Annoucement



**Fathers & Father
Figures
LEADERSHIP**

This Is About Impact Not Just a Title
We are building a team of fathers who
want to grow, lead,
and make a lasting difference in our
Head Start community.

Your Journey as a Father Can Inspire Others

Every father's journey is unique.
Your experiences can inspire and
strengthen other fathers in our
community.

We invite you to join our
Male Engagement Leadership Team.

**"The greatest legacy a father leaves is not
what he provides, but who he inspires."**

- Supporting father-focused activities at your site
- Helping plan male engagement initiatives
- Encouraging and mentoring other fathers
- Representing fathers' voices within the program
- Building a positive father support network

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