



NEWSLETTER

Springing into Health



As the weather warms up, April is the perfect time to focus on fresh habits and outdoor fun. This month, we celebrate Every Kid Healthy Week (April 20-24) and World Health Day (April 7).

Nutrition Tip: Discover the Power of Plants

April is Global Child Nutrition Month. Encourage your little ones to "eat the rainbow" with these easy spring tips:

- Try it Tuesdays: Introduce one new spring vegetable each week (like snap peas or radishes). It can take up to 12 tries for a child to accept a new food—stay patient!
- Edible Art: Let children help "paint" their plates by arranging colorful sliced fruits and veggies into shapes like flowers or suns.
- Sip Smarter: Switch out sugary juices for "fruit water." Add a slice of orange or a few berries to plain water for a refreshing spring treat.

Wellness: Taking Care of You

A healthy family starts with a healthy parent. This month is Stress Awareness Month, and self-care isn't a luxury—it's a necessity for your child's well-being.

- The 20-Second Reset: When things feel overwhelming, step away for a moment, take a deep breath, and count to 20.
- Nature Therapy: "Forest bathing" or simply sitting near trees for 10 minutes can significantly lower stress levels.
- Gratitude Minute: At dinner or bedtime, share one thing from the day that made you smile.

Important Dates to Note

Date	Observance	Activity Idea
April 2	World Autism Awareness Day	Read a book about being unique and kind.
April 7	World Health Day	Take a "Family Wellness Walk" around the block.
April 20-24	Every Kid Healthy Week	Focus on a different healthy habit each day!
April 25	Drug Take Back Day	Safely clean out expired medications from your home.