



# NEWSLETTER

## Put a Rainbow on the Menu

Hello, Head Start Families! As we transition into the beautiful month of May, we are excited to share tips to keep our little ones healthy and active as the weather warms. This month is packed with opportunities to celebrate family and focus on our well-being.



### Nutrition & Wellness: "Eating the Rainbow"

Healthy eating isn't just about "good" vs "bad" foods—it's about variety! In May, local farmers' markets begin to overflow with colorful spring produce.

#### Tips for Parents of Preschoolers:

- **The 3-4 Hour Rule:** Preschoolers have small stomachs but high energy. Aim for a healthy snack or meal every 3 to 4 hours to keep their energy levels stable.
- **Kids in the Kitchen:** Small hands can do big things! Let your child help by:
  - Washing fruits and vegetables.
  - Tearing lettuce for a salad.
  - Snapping green beans or peas.
  - Tip: Children are more likely to try a new vegetable if they help prepare it!
- **Rethink Your Drink:** Water and plain milk are the best choices for hydration. Try adding a slice of lemon or a strawberry to water for a "fancy" sugar-free treat.
- **Play With Your Food:** Encourage your child to describe the textures (crunchy, smooth) and colors of their meal. Making broccoli "little trees" turns healthy eating into an adventure!

### Key Dates for May 2026

- **May 3-9:** Children's Mental Health Awareness Week
- **May 5:** World Hand Hygiene Day (A perfect time to practice the "ABC" handwashing song!)
- **May 6:** National School Nurse Day
- **May 10:** Mother's Day - Celebrating all our wonderful Head Start moms and caregivers!
- **May 10-16:** Food Allergy Awareness Week
- **May 15:** International Day of Families
- **May 25:** Memorial Day (Center Closed)

### Parent Wellness Corner

Taking care of your child starts with taking care of you.

- **Mindful Minutes:** When things get hectic, take three deep breaths. This simple act can lower your stress and show your child how to manage big emotions.
- **Family Style Dining:** Whenever possible, sit down and eat together. It reduces mealtime stress and allows you to model healthy eating habits for your child.
- **Get Outside:** Fresh air and Vitamin D are natural mood boosters for the whole family!



# POLICY COUNCIL MAY HYBRID MEETING


Your voice matters; when parents are involved, children succeed and communities grow stronger.




It's okay to pause, breathe, and take care of yourself; strong families begin with healthy minds.

- Wednesday, May 20<sup>th</sup>, 2026
- 10:00AM
- 644 Ferguson Dr. Suite 100, Orlando, FL 32805



 407-690-8022  
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 <https://4cflorida.org/>


Meeting link: Microsoft Teams [Need help?](#)

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