



Parent NewsLetter



June
2026

Education Team



Making reading enjoyable for kids often works best when it feels like a fun activity rather than a school assignment. Here are some ideas:

How to make reading more enjoyable

- **Let them choose the books.** Kids are more excited to read topics they already love, whether that's animals, sports, superheroes, mysteries, or jokes.
- **Read together.** Take turns reading pages or characters' dialogue. Using different voices can make stories come alive.
- **Create a cozy reading space.** A comfortable chair, blanket, or reading corner can make reading feel special.
- **Keep books within easy reach.** Having books around the house encourages spontaneous reading.
- **Match books to their reading level.** Books that are too difficult can feel frustrating, while books that are just right build confidence.
- **Connect books to real life.** If they read about space, visit a planetarium. If they read about animals, visit a zoo.
- **Use graphic novels and audiobooks.** These are excellent ways to build interest and literacy skills.
- **Celebrate reading milestones.** A sticker chart, extra story time, or a trip to the library can help motivate young readers.
- **Be a reading role model.** When kids see adults reading for enjoyment, they're more likely to view reading positively

Nutrition tips



Eat the Rainbow

Encourage children to eat colorful fruits and vegetables every day to support growth and immunity.

Healthy Summer Snacks

- Yogurt with fruit
- Smoothies
- Frozen bananas
- Cheese and crackers

Food Safety Reminder

Keep cold foods refrigerated and wash fruits and vegetables before eating.

Parent Tip

Kids may eat less in hot weather. This can be normal during summer months.

Offer

- Smaller meals
- Healthy snacks
- Frequent fluids

Healthy habits start early! Thank you for helping your child grow strong, healthy, and ready to learn this summer



Summer heat can increase the risk of dehydration and low energy in young children.

Healthy foods help children:

- Stay hydrated
- Support brain development
- Maintain energy for play and learning
- Strengthen immunity

Hydration Tips

- Offer water throughout the day
- Serve fruits with high water content like watermelon and strawberries
- Watch for signs of dehydration such as dry lips or fatigue
- Freeze fruit into ice cubes

Signs of Dehydration

- Dry lips
- Less wet diapers
- Dark urine

Health News



Skin Health/ Eczema

Eczema (EG-zeh-muh), or atopic dermatitis, is a common skin condition, primarily affecting babies and young children, often improving with age. Symptoms usually start before age 1, impacting up to 25% of children. Parents may notice dry, itchy, or irritated skin, which can be managed with proper care

The 2025 guidance from the American Academy of Pediatrics (AAP) emphasizes proactive care and mental health impacts. Eczema's causes are complex, involving genetics, environmental triggers, and skin barrier dysfunction, particularly a deficiency in the protein "filaggrin." Common triggers include dry skin, irritants, stress, and allergens.

Your oral health might play a part in conditions such as:
Endocarditis (infection of the inner lining of the heart)
Cardiovascular disease, Pregnancy and birth complications and

Pneumonia and other respiratory diseases.
Symptoms include red, itchy rashes, often found in the creases of the elbows and on infants' faces. Eczema is not curable or contagious, but proper treatment can significantly manage it. Many children see improvement between ages 5 and 15.

When should you add prescriptions versus daily care for eczema?

All children with eczema should follow a daily moisturizing routine using over-the-counter ointments, creams, or lotions at least twice a day. A flare management plan, typically including a topical steroid, is also essential. Since over-the-counter options are often weak, your child's healthcare provider may prescribe a stronger topical steroid for flare-ups.

When to call the doctor for eczema treatment:

For infants, see a pediatrician promptly if signs of eczema appear, as early treatment is more effective. For older children, schedule an appointment if eczema affects daily life, causes emotional distress, leads to frequent flare-ups, or is unresponsive to standard treatments.

