

News You Can Use...

Home Visiting - January 2023

Baby (Primary) Teeth are Important!

Children with healthy teeth do better in school!

Healthy teeth help children learn how to talk.

Strong teeth are needed to chew fruits and vegetables.

Without a healthy smile, children don't smile as much.

Children who are in pain from cavities have difficulty paying attention and learning and they may get sick more.

Children need healthy teeth to have a healthy body!

Be sure to schedule your child's first dental appointment when they get their first tooth. They should be going every 6 months after that. Check with your Home Visitor if you need help finding a dental office for your child.



Try These *Healthy Habits* This Month!

7 Breakfasts Every Week allows children to learn and concentrate easier. It can also prevent over eating throughout the day!

6 Home Cooked Meals Every Week – Eaten as a Family allows families to consume more fruits & veggies and fewer calories. It also creates better social skills.

5 Servings of Fruits & Veggies Every Day equals fewer calories over the day and increased fiber. Try to incorporate fruits & vegetables from every color of the rainbow.

4 Ounces of 100% Juice Per Day or Less to avoid increased weight gain and increased caloric intake. Choose water as the best drink option!

3 Servings of Low Fat Dairy Each Day. Choose 1% or fat free for children over 2 years of age.

2 Hours or Less of Screen Time Each Day. This includes TV, video games and computers in your child's bedroom!

1 Hour or More of Physical Activity Every Day! Try a family walk, bike ride, or play a sport!

Make your own mini pizza!

Bagel, cut in half
¼ cup pizza sauce per half
1 oz. mozzarella cheese per half



Place pizza sauce and cheese on bagel and parents can warm it in the microwave or oven until cheese is melted. You can also add additional toppings!

Model for your child and then let them create their own!

Visit

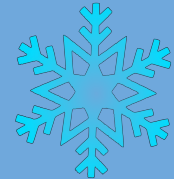
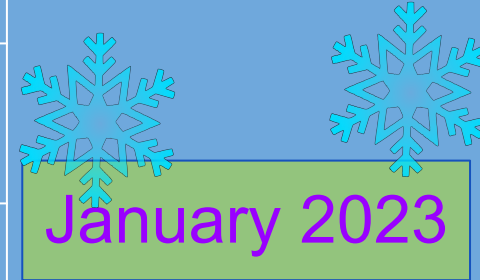
<https://www.feedwm.org/mobile-pantry-schedule/?county=Kent>

For a list of mobile food pantries in your area

FEEDING
AMERICA
West Michigan



Monday	Tuesday	Wednesday	Thursday	Friday
2 Agency Holiday HS4KC Closed No Home Visits	3	4	5	6
9	10	11	12 Socialization 10:00 am-12:00 pm @ SYL	13
16 Agency Holiday HS4KC Closed No Home Visits	17 In-home snack delivery	18 Learn about CPR and Infant First Aid 10:30-11:45 am @ SYL	19	20 Agency In-service No Home Visits
23	24 Socialization 10:00am-12:00pm	25 Virtual Transition Event on Zoom 5:00-6:00 pm	26	27
30	31			



Head Start for Kent County

HV Snack Menu

January 2023

MENU REVIEWED BY:
CORI ANDERSON 453-4145 EXT 2221

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
9	10	11	12	13
			Socialization: Sylvan @ 10:00-12:00 pm Steamed Sweet Potatoes, Wheat Thins	
16	17	18	19	20
<div style="background-color: #a52a2a; color: white; padding: 5px; border: 1px solid black;"> In-Home Snack Week Exploring Mangos </div>				
23	24	25	26	27
	Socialization: Sylvan @ 10:00-12:00 pm Steamed Sugar Snap Peas, Steamed Rice			
30	31			

In-Home Snack Portions:
See Rebus Cards

Formula & Baby Food Available at Socialization
Whole & Skim Milk Available When Served