

News You Can Use...

Home Visiting - February 2024



Free, confidential support 24 hours/day and 365 days/year.

Michigan 2-1-1 is an easy way to find help of all kinds, right in our community. Need help with food, housing, or paying bills? Need support in a family crisis or community disaster? 2-1-1 is available. Any time. All the time. Just call, text, or search online and they'll get you connected.

<https://mi211.org/>

Free sled rentals in
Grand Rapids

Anytime the snow conditions are right you can walk up and borrow a free sled:

- Richmond Park
- Mulick Park
- Plaster Creek Park

<https://www.grandrapidsmi.gov/Government/Programs-and-Initiatives/GR-Outside>



Winter Safety

In addition to dressing for winter weather, like we discussed in November, there are other ways to keep you and your child safe when it's cold outside!

Tips

- Buddy System-always go outside with someone else
- Stay inside if the wind chill is 20 degrees or below
- Dress in layers, make sure no skin is exposed to the cold air

Car Seat Safety

- Don't put a heavy coat on your child when they are in their carseat. It causes the straps to not fit snug to your child's body which is what keeps them safe in a crash.
- Instead, use blankets, car seat covers, or put your child's coat on backwards once they are buckled into their seat.

RIGHT FIT BASIC TIP #5



Find more information on car seat safety at Safe Kids Worldwide:

<https://www.safekids.org/coalition/safe-kids-greater-grand-rapids>

Monday	Tuesday	Wednesday	Thursday	Friday
		January 31 Make-up Play Group 10:00-12:00 Sylvan Head Start	1	2
5	6	7	8	9
12	13	14 Play Group 10:00-12:00 Sylvan Head Start	15	16
In-home snack will be delivered by your Home Visitor				
19 No visits today. Head Start for Kent County is closed.	20	21	22 Family Event - Nutrition 5:00-6:00 Virtual	23
26	27 Play Group 10:00-12:00 Sylvan Head Start	28	29	

February 2024

Keep your eye out for information on our virtual family event this month. Your Home Visitor will let you know how to log in.

We look forward to discussing your child's development this month during conferences. Conferences take place during your regularly scheduled home visit.



MENU REVIEWED BY:
CORI ANDERSON 453-4145 EXT 2221

Head Start for Kent County

HV Snack Menu

February 2024

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5	6	7	8	9
12	13	14	15	16
		Playgroup: Sylvan @ 10:00-12:00 pm Cinnamon Raisin Bagel, Vanilla Yogurt		
19	20	21	22	23
<div>In- Home Snack Week Exploring Tangerines</div>				
26	27	28	29	
	Playgroup: Sylvan @ 10:00-12:00 pm Wheat Thins, Mozzarella Cheese			

In-Home Snack Portions:
See Rebus Cards

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