

**Week of
November 18, 2024**

**North Kent
(616)696-3990**

November 19 – Family Night
November 27-29 – Fall Break
December 23-January 3 – Winter Break

As parents, you are the biggest supporters of your child's learning. You can make sure they have as much time to play (device free) as possible during the day to promote cognitive, language, physical, social, and emotional development. Play outside! Remember your own outdoor experiences of building forts, playing on the beach, sledding in the winter, or playing with other children in the neighborhood. Make sure your children create outdoor memories too. Finally, trust your own playful instincts. Remember as a child how play just came naturally? Give your children time to play and see all that they are capable of when given the opportunity



Family Night is THIS Tuesday!
Come join us for a movie night!
We will be watching a short movie and having a snack. We hope to see everyone there!



The North Kent teaching teams are proud to include S.T.E.A.M ideas into our daily activities. We explore and learn about science, technology, engineering, arts and math throughout the year.



<https://www.facebook.com/pg/hs4kc/events>
www.hs4kc.org

These materials were developed under a grant awarded by the Michigan Department of Lifelong Education, Advancement, and Potential."

 **Head Start
for Kent County**
Connecting Families and Community Resources

 **Readiness Program**
Michigan's Nationally Recognized Pre-K Program

Preschool through first grade establishes the foundation for relationship building and life-long learning. Help your child gain comfort, self-confidence and delight in these milestone events.

Visit Attendance Works at www.attendanceworks.org for free downloadable resources and tools!

How Sugar Affects Baby Teeth

Children can be picky eaters and want pop and sugary treats often, but it's very important to begin healthy eating habits from an early age. Many parents aren't aware of how sugar affects baby teeth and what causes cavities. What does cause cavities? A cavity needs three things to form: a tooth, bacteria, and carbohydrates (sugars). When your child eats or drinks sugars, it only takes 20 seconds for the bacteria on their teeth to mix with the sugar and turn into acid. This acid begins to attack the tooth and break it down. Over time, this results in cavities.

Did You Know?

- Most children in the United States eat and drink at least 19 teaspoons of added sugar per day.
- Children under age 2 should not be served any foods or drinks with added sugar.
- Children over age 2 should not eat or drink more than 6 teaspoons of added sugar per day.

How to Prevent Cavities

- Have your child drink water between meals and snacks: water does not have sugar and will help wash the acid from the teeth
- Give milk or juice at mealtime only: fruit juice and milk have sugars, but the food helps to wash away the extra sugars in the milk and juice.
- Brush teeth twice a day, and after sugary food and drinks.