

**Week of  
May 5, 2025**

**Comstock Park  
(616)493-0744**

Come one, come all to our End of Year Carnival! The carnival will be on May 22<sup>nd</sup> from 4pm-6pm. We will have games, food, prizes and maybe even a special guest! We hope to see everyone there! This will be our last family night of the year.

May 16 – Home Visits Begin  
May 22 – End of Year Carnival  
May 26 – No School  
May 29 – Last Day of School  
for Preschoolers  
June 4 and 5 – No School for  
Infant Toddlers

Did you know that you can use your Bridge Card for Double Up Food Bucks at local Farmer's Markets and participating grocery stores? When you use your Bridge Card, Double Up matches your fruit and vegetable purchases dollar for dollar, up to \$20 per day! Want to learn more? Visit this website [How Double Up Food Bucks Works | DUFB Michigan](#)

Here is the Feeding America Mobile Food Pantry Schedule [Mobile Pantry Schedule - Feeding America West Michigan](#)

Do you and your family love to swim? Grand Rapids youth under age 17 can get a FREE Outdoor Pool Pass for the entire summer of they are signed up by June 6<sup>th</sup>! Visit [City Pool and Splash Pad Information](#) to sign up! Non-Resident youth can get a season pass for \$10. These passes are good for all 3 pools. Pool hours are the following:  
Monday: CLOSED  
Tuesdays-Saturdays: 12pm-7pm  
Sundays: 11:30am-4:30pm

Daily Pool Rates are:  
Residents: \$3 child, \$6 adult  
Non-Resident: \$5 child, \$10 adult

Season Pass Rates (after 6/5) are:  
Residents: \$5 child, \$10 adult  
Non-Resident: \$10 child, \$20 adult

<https://www.facebook.com/pg/hs4kc/events>  
[www.hs4kc.org](http://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

# Going Outside Improves Children's Health

There is strong evidence that young children experience significant health benefits from spending time outdoors. For example:

- Young children are more likely to engage in the kinds of vigorous, physical play that strengthens their hearts, lungs, and muscles because they tend to play harder and for longer periods outside.<sup>1</sup> Regularly spending time outdoors increases opportunities for infants and toddlers to crawl, toddle, walk, climb, and run freely. In addition to improving large motor skills, vigorous physical activity improves children's overall fitness level.
- Spending time outdoors strengthens young children's immune systems. They experience fewer illness-related absences from child care when they have daily opportunities to play outside.
- Spending time outdoors provides access to vitamin D. There is increasing concern that infants, toddlers, and older children are deficient in vitamin D. This vitamin is necessary for calcium absorption, which strengthens teeth and bones.
- Spending time outdoors positively affects young children's sleeping patterns. Natural sunlight helps regulate and balance sleep–wake cycles.
- Children who play outdoors are less likely to be nearsighted. Direct exposure to the bright, natural light that comes from being outside may stimulate developing eyes in important ways, such as "maintaining the correct distance between the lens and the retina—which keeps vision in focus."
- Children who are diagnosed with attention-deficit/hyperactive disorder (ADHD) and who play regularly in outdoor environments with lots of green (e.g., open, grassy fields; trees) have milder ADHD symptoms than those who play indoors or in pre-fabricated environments such as playgrounds with stationary equipment.

# ACT NOW TO SAVE HEAD START!

Head Start is a lifeline—for children, families, and communities. **Cutting it would be catastrophic.**

**“The Trump administration is considering a budget proposal that would **zero out** funding for Head Start.”**

**USA  
TODAY**  
APRIL 11

**WE CAN'T LET THIS HAPPEN.**

**IT'S GO TIME.**

We need Congress to hear from every single Head Start supporter—today.

## Take 2 minutes for 2 Actions:



**Send a message** to your members of Congress urging them to protect Head Start:



[nhsa.org/  
take-action](https://nhsa.org/take-action)



*Are you a current or former Head Start parent, caregiver, or student?*

**Sign** a special letter directly to President Trump:



[go.nhsa.org/  
action](https://go.nhsa.org/action)

Then, spread the word—share these QR codes with families, staff, alumni, and friends. **Every voice counts.**



# SAFETY AND INJURY PREVENTION



NATIONAL CENTER ON  
Early Childhood Health and Wellness

Tips for Families from the National Center on Early Childhood Health and Wellness

## Safety and Injury Prevention for Young Children Is:

- Making sure children have safe places to grow and learn
- Protecting children from danger
- Teaching children what to do to be safe

### Why Is It Important?

#### *Children Like to Explore But Need:*

- Safe places to play
- Adults who watch and listen so they can prevent an injury before it happens
- Opportunities to practice new skills safely

#### *When Children Are Safe, They Are More Likely To:*

- Be injury-free
- Focus on learning
- Explore new situations with confidence



## Things You Can Do to Help Your Child

- **At Home:**
  - Keep all medicine, cleaning and harmful products away from children.
  - Use cabinet locks and electrical socket covers.
  - Use safety gates on stairs.
  - Use cribs with fixed sides rather than drop sides.
  - Keep cribs away from windows and blind cords.
  - It is best to use cordless window coverings, if possible. If not, keep cords tied high out of children's reach.
  - Put babies to sleep on their backs in a crib with no soft blankets, pillows or bumpers.
  - Keep children away from hot foods and liquids.
  - Turn pot handles to the back of the stove.
  - Set your water-heater thermostat to 120 degrees or less.
  - Keep children away from heaters or fires.
  - Have a smoke alarm on every floor. Replace batteries in the spring and fall.
  - Get a carbon monoxide detector, if you do not have one.
  - Check with your local fire station to see if they can help you find a smoke alarm or carbon monoxide detector.
  - Ask your pediatrician about foods and small objects that can cause choking.
  - Make and practice an escape plan.

## Things You Can Do to Help Your Child

Continued from previous page

### • Outside:

- Use sunscreen.
- Teach your child to stay out of the street.
- Look for playgrounds with soft surfaces instead of dirt or grass.
- Watch your child closely on the playground.
- Remove drawstrings from clothing.
- Keep shoelaces short and tied.

### • Water Safety

- Know that a child can drown in any amount of water that covers his mouth and nose.
- Always stay within arm's reach of your child if he is in or near water.
- Learn to swim, and take your child to professionally supervised swim lessons.
- Use four-sided fences with self-latching gates around pools.
- Learn cardiopulmonary resuscitation (CPR).

### • Car and Truck Safety

- Choose a car seat that is right for your child's age, height and weight.
- Choose a seat that fits in your car or truck and use it all the time.
- Ask your Head Start staff where you can go in your community to learn how to install your child's car seat safely.
- Be sure that children younger than 13 only sit in the back seat.
- Never leave your child in a car without an adult.
- Teach children that vehicles are never safe places to play. Even if the windows are open, young children can become dangerously overheated within the first 10 minutes.

