

PARENT CONNECTION

The Informative Newsletter For Children And Family Services Parents

MARCH 2024

Community Events/ Resources

- THURSDAY, MARCH 14, 2024, 6:30-8:30 PM

Prepared and Resilient Communities (PARC): Community Opportunity to Learn About Disaster Preparedness in Spanish

San Rafael Pickleweed Park
50 Canal St.
San Rafael, CA 94901
Dinner & Childcare provided
Register: (415) 937-7779

- THURSDAY, MARCH 14, 2024, 6:30-8:30 PM

College of Marin Athletics Baseball Family Fun
700 College Avenue
Kentfield, CA 94904



Education

IDEAS TO EXTEND LEARNING AT HOME!

Toddler Play: Fill a small basket full of toys, including rattles, soft plastic toys, stuffed animals, and books. Sit down and play together with the basket. Your child's favorite activity may be dumping out all the toys and putting the basket on their head. This is typical toddler play behavior!



Preschool Play: Spend 15 minutes playing with your 3-5-year-old in the kitchen. You can pretend to "bake some cookies" or to "go grocery shopping". Give your child paper and crayons so that they can pretend to write the recipe or grocery lists. Use real cans and boxes of food during the play. Encourage them to count how many items they have.



Calendar

- **TUESDAY, MARCH 26, 2024, From 6 PM - 8 PM**

Parent Leadership Council
 Site Close at 1:00 pm
 Friday, April 5, 2024,
 for Staff Training

IN YOUR CORNER®



"Children are not things to be molded but are people to be unfolded"

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Health and Safety

SPRING HAS SPRUNG!

With the days becoming longer and the weather becoming warmer, it's a good time to head outdoors and get active. The Centers for Disease Control and Prevention (CDC) recommend that preschool-aged children remain active throughout the day for optimal growth and development. During playtime, activities that involve movement should be encouraged.

Mixing up the activities, both structured and unstructured, will keep playtime fun and interesting, and will help strengthen and benefit their bodies in different ways. Regular physical activity not only builds stronger bodies, but it also boosts mood and brain function. Children that are regularly active also have a better chance of a healthier adulthood. Let's Play!

Sources: Physical Activity Guidelines for Americans, 2nd edition (health.gov)
 Making Physical Activity a Part of a Child's Life | Physical Activity | CDC
 How much physical activity do children need? | Physical Activity | DNPAO | CDC



Nutrition

LEAFY GREENS ARE A POWERHOUSE OF NUTRITION.

They provide essential vitamins such as A, C, E, and K, along with other vitamins and minerals including Calcium, Potassium, Magnesium, and Iron. Leafy greens are also a wonderful source of fiber and are delicious too!

Eating these vegetables regularly provide several health benefits including disease and cancer prevention, lower blood pressure, improved gut health, and help maintain a healthy weight. Make leafy greens a part of your regular diet. Make a salad, add them to a soup, toss them in a stir fry, or include them in your eggs. The greens will pack a (nutrition) punch.

Sources: Dark Green Leafy Vegetables: USDA ARS. USDA MyPlate Vegetables Group – One of the Five Food Groups