

PARENT CONNECTION

The Informative Newsletter For Children And Family Services Parents

APRIL 2024

Community Events/ Resources

- **SATURDAYS**
From **APRIL 27-JUNE 1**
From **11:45am-4pm**
at **Old Gallinas Garden**

Appetite for Change

Through the Appetite for Change pilot course, up to 20 families will learn how to grow vegetables and fruits. This program is free and open to CAM families and community members. Classes will be taught in Spanish, with English interpretation available. Childcare and food will be provided. At the program's completion, families will gain tools and access space to help grow vegetables and fruits.

If you are interested, please contact your Family Advocate or contact Mo de Nieva-Marsh at mdenieva@camarin.org.



Education

CLASSROOMS WILL STUDY THE CREATIVE CURRICULUM THEME OF BALLS FROM MARCH 25 THROUGH MAY 6, 2024.

This is a great theme to extend at home! Please ask your child a question of the day related to balls, such as, "why do you think balls bounce?" Practice and model language with your child by asking them if they can tell you what words rhyme with the word ball (crawl, doll, call, fall). Also, ask about words related to balls, such as softball, baseball, bat, sphere, and round.



Ask your child to experiment with a variety of balls by creating a ramp or using a box to practice eye hand coordination. Activities and questions create opportunities to work on language skills, critical thinking skills, and create fun ways to strengthen and grow many areas of your child's development.



Calendar

- **TUESDAY, APRIL 9, 2024, 6PM-8PM**

Parent Leadership Council
555 Northgate Dr.,
Suite 201, San Rafael

- **FRIDAY, MAY 3, 2024, 1PM**

All CFS Sites Close at 1:00 pm for staff training

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"Every father should remember one day his son will follow his example, not his advice."

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Health and Safety

SLEEP IS AN IMPORTANT PART OF A CHILD'S GROWTH AND DEVELOPMENT.

Not getting enough quality sleep can negatively affect a child's health, mood, behavior, memory, and learning. While sleep needs vary from child to child, here are some pointers for sleep based on a child's age (includes naps):

- **Infants** (4-12 months): 12-16 hours of sleep
- **Toddlers** (1-2 years): 11-14 hours of sleep
- **Preschoolers** (3-5 years): 10-13 hours of sleep
- **School-age** (5-12 years): 9-12 hours of sleep
- **Teens:** 8-10 hours

Building good sleep habits can help your child get enough rest. Some recommendations to help establish healthy sleep behaviors:

- Set a regular bedtime
- Create a bedtime routine (example: brush, book, bed)
- Be active during the day
- No screens for at least an hour before bedtime!



Sources: Healthy Sleep Habits: How Many Hours Does Your Child Need? - HealthyChildren.org

Nutrition

To build strong bones and teeth, growing children need a mineral called Calcium. 99% of Calcium in our bodies is stored in our bones and teeth! Getting enough Calcium in childhood is also important to keep bones strong later in life.



The best way to get Calcium is by eating and drinking foods rich in this mineral. These foods include:

- Dairy products such as milk, cheese, and yogurt
- Leafy, green vegetables
- Chickpeas, lentils, split peas
- Fish with soft bones that you eat, such as canned sardines and salmon
- Calcium fortified foods such as breakfast cereals, juices, soy and rice drinks, tofu

Sources: Calcium: The Bone Builder Kids & Teens Need-HealthyChildren.org Calcium | MedlinePlus