



BUILDING HEALTHY HABITS

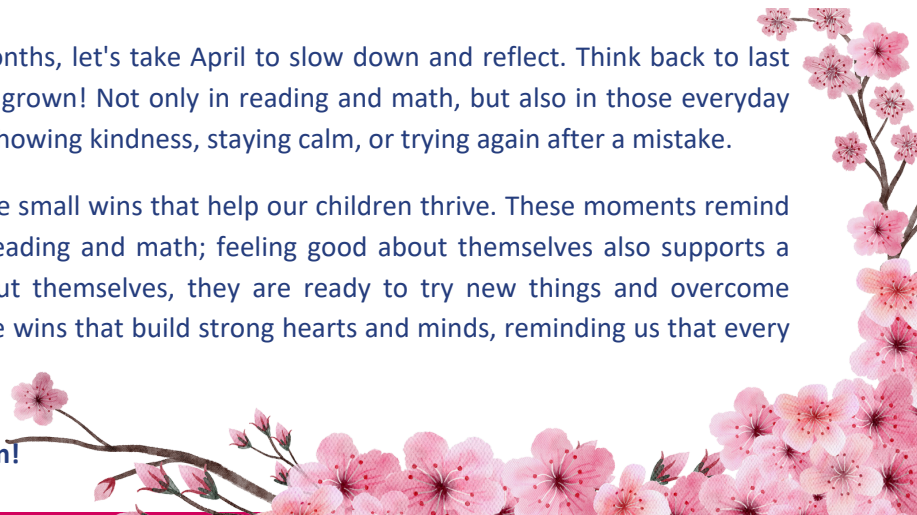
April Showers Bring in Learning Flowers

Hey there, Parents and Caregivers,

As the school year comes down to its final months, let's take April to slow down and reflect. Think back to last September—look at how much your child has grown! Not only in reading and math, but also in those everyday moments that build emotional strength—like showing kindness, staying calm, or trying again after a mistake.

When we focus on big goals, we might miss the small wins that help our children thrive. These moments remind us that learning is more than just facts like reading and math; feeling good about themselves also supports a learning brain. When children feel good about themselves, they are ready to try new things and overcome challenges. This month, let's celebrate the little wins that build strong hearts and minds, reminding us that every step of learning matters.

Together, we can keep nurturing our learning flowers and help our children blossom!



Early Childhood/ HRL Preschool

Growing Through Social-Emotional Learning

Little ones learn a lot by watching and listening. What they learn at school, head start, or daycare can continue at home. This helps build their skills in understanding feelings and becoming independent. It takes patience and gentle guidance to help them learn. You might find yourself saying the same things many times, but this consistent support is very important for your child's growth!

Cool Fact: A child's brain makes up to 1,000 new connections every second in early childhood! This means that every smile, every conversation, and every moment of play helps build strong paths in their brain.

These little connections support:

- Memory
- Language
- Social skills

Resource Family Corner

Family Activity: Family Memory Lane

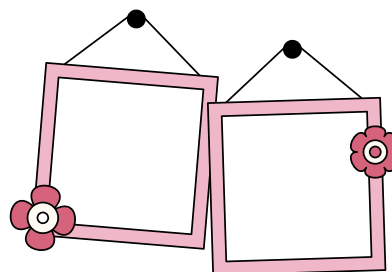
Take a trip down memory lane with your family!

Gather a few old photos or simply sit together and share happy memories from the past.

Reminisce about:

- Fun adventures
- Favorite meals
- Funny moments that make you smile

It's a cool way to look back and celebrate the good times.



By giving lots of love and support at home, you are helping your child build a strong foundation for a bright future!

Keep up the consistent support—it makes a big difference in your child's growth.