



## BUILDING HEALTHY HABITS

### New Year Goals: Less Pressure, More Rest

Hey families,

January is the “get it together” month. Eat better. Move more. Set goals. Start fresh. Suddenly, everyone is drinking more water and thinking about the gym 😊

But there’s something we don’t talk about enough. Many goals are harder to reach when we are tired, not just in our bodies, but in our minds too. Sometimes we sleep, but our thoughts don’t slow down. Stress and worry can keep our brains “on” all night, leaving us tired, low on energy, or not feeling like ourselves the next day.

Rest isn’t extra. Rest isn’t lazy. Rest is part of health. Athletes have always talked about the importance of rest because it helps them show up fully. Without real rest, the body can’t recover or perform well. The same is true for parents, caregivers, and children. Rest supports focus, mood, and the energy we need to get through the day.

**This January, we invite families to think of rest as part of the plan,  
not something to earn, rush through, or feel guilty about.**

### Early Childhood - HRL Preschool

The new year can also be a time to notice how much our little ones are growing. We can make simple New Year goals to support our child’s growth, encouraging them in everyday moments.

**This might look like:**

- Practicing writing their name
- Holding a crayon or pencil
- Using the bathroom with more help or less help
- Trying to sit on the toilet at home
- Turning pages in a book
- Helping clean up toys
- Using words to share how they feel

Every child grows in their own time.

Some days will feel easy.

Some days will not.

That is okay.

**Encouragement matters. Patience matters.**

**Small steps matter.**

### Resource Family Corner

Less Pressure, More Peace

Life can feel full and fast. Many families are learning that slowing down doesn’t mean doing less it means doing what matters. Sharing a meal, turning off screens a little earlier, or taking a few deep breaths together can help create calmer moments at home.

Children do not need perfect homes.

They need calm ones.

Small pauses can make a big difference.

