



BUILDING HEALTHY HABITS

Strong Start, Strong Finish

Hey families,

March is here, and this time of year can feel like a long stretch between winter and spring break. Energy can dip, routines can slip, and everyone might feel a little tired, parents included.

A strong finish often starts with simple daily routines. When children get enough sleep, eat balanced meals, attend school regularly, and feel supported at home, they are better prepared to learn and participate in class. This is also a great time for a mid-year health check up. Small changes in your child's behavior or health can sometimes affect focus and attendance. You may want to check in if your child is:

- Squinting or complaining of headaches
- Turning the volume up very high
- Snoring often or feeling unusually tired
- Using their asthma medication more frequently
- Mentioning stomachaches or not being able to focus

Addressing any worries early on, can stop bigger challenges later. If you notice changes, reaching out to your child's school or healthcare provider can make a big difference.

Together, we can help our children maintain healthy routines, stay present in school, and build the confidence they need to finish the year strong.

Early Childhood - HRL Preschool

The preschool and early elementary years are full of growth. And while this stage is exciting, it can also be stressful at times for little ones and for caregivers.

As the weather begins to change, children may experience changes in sleep patterns, energy levels, or emotions. Supporting simple daily habits at home can make transitions smoother.

Gentle Reminders for Parents of Little Ones:

- Keep bedtime and wake-up routines consistent
- Allow extra time in the morning to reduce stress
- Encourage handwashing and healthy hygiene habits
- Notice changes in speech, hearing, or attention
- Help children practice using their words to express feelings

Building independence also supports confidence. Small tasks like packing their backpack with help, putting away toys, or choosing a healthy snack help children feel capable and prepared for school. Strong routines now lay the foundation for lifelong healthy habits.

Resource Family Corner

Sometimes a simple conversation can reveal a lot. Try checking in with your child using open-ended questions:

Conversation starters:

- What helps you feel ready for school?
- Is anything making it hard to focus in class?
- What part of your day feels easiest? What feels hardest?

Quick home check:

- Is your child getting 9-11 hours of sleep?
- Are backpacks packed the night before?
- Are medications and emergency contacts up to date?
- Has your child had recent vision, hearing, or dental check-ups?

Try this week:

- Create a 10-minute wind-down routine before bed
- Set out clothes and school materials the night before
- Plan one healthy snack option together
- Celebrate one small success each day

Small steps, done consistently, can make a big difference. We are grateful to partner with you as you support your child every day!

