



## BUILDING HEALTHY HABITS

### Gather, Give Thanks, and Take Care

Hey families,

As the weather shifts, life can feel a little heavier, mornings get colder, days move faster, and the holidays bring their own pressures. But November also invites us to slow down for a moment and notice the things we often rush past: that **quiet breath** you take before starting the day, the **warmth of stepping inside** after the cold, or the **small moments** that remind you you are doing your best.

This month, we are leaning into the kind of gratitude that shows up in everyday life, not the big, picture-perfect kind, but the simple pieces of our day that help carry us through busy mornings, long to-do lists, and all the ups and downs of parenting.

#### **Community Support: Meal Help**

If your family could use a little extra support with groceries this month, you're not alone. Every family deserves a warm meal and a warm heart during the holidays. You are part of a community that cares. Here are places that can help no questions asked: [Local Food Pantries](#)

### Early Childhood - HRL Preschool

#### **Cozy, Healthy Kids This Season**

Cold mornings can feel like a lot for little ones and for us. Kids don't always understand the rush or the stress, but they always feel our connection. A tiny moment of warmth or play can turn a tough morning around.




#### **Scarf Superpowers**

A soft scarf over your child's mouth and nose warms the air before they breathe it in, especially helpful on cold days for little ones with asthma. You can make it fun by calling it their "*warm-breath superpower scarf*."

#### **Make the Walk Fun**


Even if your walk is just a few minutes, cold air can make it feel long. A little play goes a long way.

Try turning the walk into something playful:

-  Waddle like penguins
-  Count crunchy leaves
-  Look for something new on the block

### Resource Family Corner

#### **Health, Support, and Simple Tools for the Season**

 Cold weather, holiday scents, and indoor dust can all trigger asthma. Knowing what to look for and how to respond is one thing we can control as parents.

#### **This month we are offering:**

##### ✓ **Our FREE Asthma App**

A simple tool to help families understand symptoms, manage flare-ups, and feel more confident during the winter season. Download at [www.hrl.nyc](http://www.hrl.nyc)

##### ✓ **Asthma Workshops for Schools & Families**

Bring our engaging, parent-friendly asthma workshops to your school community. If your school is interested, email [rtc@chfund.org](mailto:rtc@chfund.org) to learn more

##### ✓ **Quick Tips for the Holidays**

- Ventilate a bit while cooking, smoke can be a trigger
- Keep rescue medication nearby when traveling
- Use a scarf to warm the air little ones breathe outside

This season doesn't have to be perfect. It just has to be yours. A warm moment here, a small breath there, a tiny spark of gratitude it all adds up. We are grateful for you and here to support your family through the colder months ahead.

-The HRL Team



[www.HRL.NYC](http://www.HRL.NYC)