healthy AND READY TO learn
Children's Health Fund

Wellness Monthly

Ideas and Resources that you can use to support yourself and the children in your life.



BUILDING HEALTHY HABITS

A Season of Care, Connection & Preparation: Getting Ready for a Busy Season!

Happy November, HRL families:

The end of the year can be a busy and exciting time for families! Whether you are spending time with loved ones, sharing meals, or enjoying special traditions, a little planning can make things easier.
Here are five simple tips to help your family prepare:

- Make a plan: Write down what you need to do before the big day. Make a shopping list and prepare what you can ahead of time.
- Make time for healthy meals: Enjoy your favorite foods. Try to include fruits, vegetables, and water throughout the day.
- Don't forget to rest: Busy days can be tiring. Try to keep a regular bedtime and make sure everyone gets enough sleep.
- Keep your family safe: Wash your hands before cooking, put away sharp objects, and keep hot foods away from young children.
- Enjoy time together: You don't need everything to be perfect! Make time to talk, play, laugh, and enjoy special moments with your family.

Remember: Every family is different. However you spend this time of year, enjoy the little moments together!

Early Childhood - HRL Preschool

Little Moments, Big Memories

Children love spending time with people they care about! Changes in daily routines can sometimes be hard for young children.

Here are a few ways to help:

- Keep the same bedtime routine.
- Talk to your child about upcoming plans.
- Let them help with simple tasks. Like setting the table or decorating.
- Make time for reading and playing together.

Remember: Simple activities can help children feel happy, safe, and loved.

Resource Family Corner

Looking for ways to support your family?

Here are a few places to start:

- Food Pantries: Find free food for your family.
- Local libraries: Enjoy free books, activities, and programs for children.
- Community centers: Find family events and activities.
- Family programs: Learn about services and support available in your area.
- Flu shots: Don't forget to get your flu shot! Most insurance plans cover flu shots at participating pharmacies at no cost.

Remember: Asking for help is okay! There are resources available to support you and your family.

Meet the HRL Team



Latoya Thomas - Health and Community Education Engagement Liaison

Fun Fact!

I love couponing and searching for deals!

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