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

Fall Into Healthy Habits!

Happy October, HRL families:

Fall is here, bringing cooler weather, colorful leaves, and fun family activities. This month, we're sharing simple ways to keep your family healthy, enjoy the season, and make special memories together.

As the days get shorter and the evenings get darker, fall is a great time to build healthy routines for your family:

- Keep a bedtime routine: try to have your child go to bed and wake up around the same time every day.
- Get moving: Enjoy a walk or play outside during daylight hours when possible. Remember, kids need vitamin D from the sun to thrive!
- Eat colorful foods: Add fruits and vegetables to your family's meals.
- Make time to connect: Read a book, talk about your day, or enjoy a quiet activity together before bed.

Early Childhood - HRL Preschool



Big Feelings, Little Bodies

Does your little one cry, scream, or have a tantrum when things don't go their way? This is a normal part of early childhood. Young children are still learning how to understand and manage their feelings.

How can you help?

- Stay Calm: Speak in a gentle voice when your child is upset.
- Name the feeling: Say, "I see you're frustrated" or You're feeling angry."
- Offer comfort: Let your child know you are there to help.
- Set clear limits: It's okay to say no while still showing love and understanding.

Young children may need time to calm down before they can listen or talk about what happened. Be patient and help them learn one step at a time.



Resource Family Corner



Halloween Safety Tips

Halloween is a fun time for children and families! Keep these safety tips in mind as you celebrate:

- Choose costumes that fit well and allow children to see clearly.
- Use flashlights or reflective items when trick-or-treating.
- Stay with young children and cross streets safely.
- Check candy before children eat it.
- Choose age-appropriate treats for little ones.

Have fun, stay healthy, and enjoy Halloween together!

Meet the HRL Team



Angie Vega - Director

Fun Fact!

One of my favorite things to do in the summer is visit theme parks and ride the highest roller coasters I can find. I love the thrill—even if I start wondering what I got myself into as we get to the top!

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