

# CAPMC HEAD START NEWSLETTER

## APRIL 2024

This month, we will share tips about healthy eating, which is highly important at every age. Healthy eating in early childhood means they will have less chance of developing chronic diseases like heart disease, type 2 diabetes, obesity, and other illnesses. It will also mean the children will feel better and enjoy life more. When deciding on foods and beverages, choose options full of nutrients and limited in added sugars, saturated fat, and sodium. Below are some tips:

### *Infants*

- Feeding your young baby - such as breast milk if possible or iron-fortified infant formula
- Look for cues - When babies are hungry, they usually let you know.
- Starting solid foods - At about 6 months, infants may show signs that they're ready for solid foods.
- Serving first foods - Introduce a variety of foods, flavors, and textures from all food groups.
- Prevent choking - Make sure your baby is sitting in a highchair or other safe, supervised place for meals and snacks.
- Serving safe foods - Avoid feeding your baby any foods that contain raw or cooked honey.

### *Toddlers*

- Provide foods full of nutrients - Offer your toddler a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives.
- Look for cues - Children may be full if they push food away, close mouth, turn head away from food, or make sounds to let you know.
- Prevent choking - Have toddlers sit at a table for meals and snacks and not wander around with food in their mouth.
- Drinks matter too! - Avoid drinks with added sugars like soda, flavored milks, juice drinks, and sports drinks.
- Try new foods - Try serving a new food alongside a familiar food in the same meal.
- Serve safe food - Only serve foods that have been cooked properly and avoid serving your toddler unpasteurized (raw) juice or milk.

### *Preschoolers*

- Model healthy behaviors - Preschoolers tend to copy what parents or caregivers do at the table. If you eat your veggies, they'll eat their veggies.
- Thinking about their drinks - Beverages with no added sugars like water, unsweetened fat-free or low-fat milk, or fortified soy beverages should be the primary choice for children.
- Prevent choking - Encourage children to sit at a table for meals and snacks and not wander around carrying food.
- Try new foods - Let children choose a new food to try at the grocery store. Serve something your child likes along with the new food.
- Get kids involved - Preschoolers can help at mealtimes by washing produce, tearing lettuce, stirring mixes, scooping ingredients, or setting the table.
- Offer choices - You offer the healthy options, but let them choose.

**[For more information go to MyPlate.gov](https://www.MyPlate.gov)**

# PARENT RESOURCES

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### **BrightLife Kids**



Get support with the tough stuff and help your child thrive. Created by Brightline (an industry leader in pediatric mental health) and 100% paid for by the State of California, BrightLife Kids is a CalHOPE\* program that offers behavioral health coaching to all kids ages 0–12 who live in California.

Coaching is done in private, 1:1 video sessions and via secure chat. Families are matched with a dedicated coach, so there's no starting over each time. And families also have access to on-demand digital resources like articles and videos that can help between sessions.

No costs attached. No insurance required. No referrals needed. Visit [brightlife.kids/ca](https://brightlife.kids/ca) to create your no-cost account today. For more information, email [ce@helloworldbrightline.com](mailto:ce@helloworldbrightline.com).

### **Need Food? CalFresh can help!**

Apply Today! Contact CalFresh Outreach Coordinators for questions or application assistance over the phone.



Fresno / Madera County  
(559) 899-9377



[www.ccfoodbank.org/findfood](https://www.ccfoodbank.org/findfood)



### **31st Annual Fiesta De Los Niños**

Presented by: CalViva Health

Saturday, May 4th  
6 PM - 11 PM



The Grand on The Bluffs  
7855 N Palm Ave Fresno, CA 93711

### **Find Your Career In Your Next Job!**

The Employment Development Department of CA provides tools and resources for job seekers at no cost. You could participate in a job club to expand your network, receive one-on-one résumé assistance, sign up for a workshop, or attend a career fair.

To find a job center near you, call toll-free at 1-877-872-5627 or visit [www.edd.ca.gov/office\\_locator](https://www.edd.ca.gov/office_locator)

### **Central Valley Regional Center**

Helps individuals with intellectual and developmental disabilities, and children at risk, to reach their goals.

Merced: 3172 M Street Merced, CA 95348  
(209) 723-4245

Fresno: 4615 N. Marty Fresno, CA 93722  
(559) 276-4300

[www.cvrc.org](https://www.cvrc.org)

