

# CAPMC HEAD START NEWSLETTER

JULY 2024

This month, we will share information about how parents can help their children learn new skills to be healthy during the summer. It's essential for parents to guide their children in preparing mentally, physically, and emotionally for the upcoming school year with healthy and fun summer activities. Learning new ways to be healthy can help children handle stress well through physical activity and healthy eating choices.



## PHYSICAL ACTIVITY

Children need to be physically active for at least an hour every day. Below are some ideas for helping your child get more activity this summer.

- Play indoor or outdoor games that encourage movement.
- Try new physical activities to strengthen their body, such as activities your child can enjoy around the house.
- Discover a fun new outdoor physical activity, such as exploring nature by going for a walk in the park.

## HEALTHY EATING

Children need to eat a variety of fruits, vegetables, whole grains, low-fat or non-dairy, and proteins. Below are some ways to help your child eat more healthy foods.

- Provide a variety of healthy foods for breakfast, and choose water over sugary drinks.
- Make a new recipe with your child that includes fruits or veggies they like.
- Ask your child to pick a new fruit or vegetable to try and give your child a chance to “rate” the fruit or vegetable to make exploring new foods more exciting.

## EMOTIONAL WELL-BEING

Below are some things you can do to help your child improve their mental health and emotional well-being:

- Help your child recognize and manage emotions, set and achieve positive goals, and make responsible decisions.
- Encourage your child to get enough sleep and less screen time.
- Use positive words of affirmation to help your child discover their inner strength, build confidence, and know they belong plus matter.



For more information visit the [cdc.gov](https://www.cdc.gov) website!



# PARENT RESOURCES

## JULY 2024

### PYRAMID MODEL – STRATEGY OF THE MONTH

This month, we will share some tips on how to help establish bedtime routines for your child:

- Use a visual schedule made with photos, clipart or other objects to help child see the steps of their bedtime routine.
- Provide your child with activities, sounds or objects that help them feel calm and restful during the hour before bedtime.
- Reassure your child that tomorrow will be filled with more fun and special time.



For more information scan the QR code above.

### SUMMER EBT SUN BUCKS

A summer nutrition program helping families with school-age kids buy groceries when school is out for the summer.

Families will get \$120 for each eligible child to buy groceries during the summer. For more information scan the QR CODE.



### SUMMER COMMUNITY RESOURCE FAIRS

Bring Family & Friends  
Free Food, Refreshments and Fun Games!

7/24 Mendota  
Rojas Pierce Park  
5 PM – 8 PM

7/25 Firebaugh  
Maldonado Park  
5 PM – 8 PM

For more information call:  
District Offices at (559) 890-2705

### MADERA COUNTY SOCIAL SERVICES TEEN ENRICHMENT PROGRAM

The program provides youth with a sense of community and belonging while preparing them with necessary life skills.

July 23rd DSS Overview  
Session 1 from 6 PM – 7 PM  
Location: 1626 Sunrise Ave  
Phone: (559) 395-0493

Free Dinner, Door Prizes and  
Gift Cards!



To register scan the QR code above.

### CENTRO LA FAMILIA ADVOCACY SERVICES

Offers a broad range of programs designed to assist crime victims, support families and children, promote health and wellness, encourage civic engagement and more.

Many of the programs provide outreach, advocacy and education services to those in need. For more information about the services scan the QR code.



### URGENT CARE CENTERS

United Health Centers is now offering urgent care services. No appointment necessary and short wait times. Available in the following cities:

- Mendota
- Sanger
- Fresno
- Reedley
- Kerman

For more information about the services scan the QR Code.

