



March 2022 Home Visiting

From the Desk of the Parent Educators

Healthy Eating for Toddlers

Healthy eating is important at every age. When deciding on food and beverage, choose options that are full of nutrients, lower in sodium, and avoid added sugars. Feed your child fruits and vegetables.

Offer your toddler a variety of fruits, vegetables, grains, protein foods, and dairy.

Your child's food plan is based on age, height, weight, and physical activity level.

Drinks matter, too! The only beverages your toddler needs are water and milk. Avoid drinks with added sugars like soda, flavored milk, juice, and sports drinks.

Look for cues! When your child is hungry, he or she usually lets you know. Fullness cues are not as obvious. A child may be full if he or she pushes food away, closes his or her mouth, turns his or her head away from food, or makes sounds to let you know.

Ways to Keep Your Child Healthy through Weather Changes

- Dressing your child appropriately for the weather changes is key in keeping them comfortable during all seasons.
- Proper immunization is one of the top ways to protect your child against dangerous diseases that can cause serious harm and have long-term health consequences.

 708.365.1500

 <http://earlylearning.actforchildren.org>



@IAFC_Cares



earlylearning@actforchildren.org

- Keep your child well hydrated!
- Ensure your child gets a good night's sleep by creating a bedtime routine and keeping a regular sleep schedule!

Upcoming Events – Mark Your Calendar!

Socializations happen twice a month. Your Parent Educator will keep you informed on the dates. Hope you can join us!

We are still recruiting for our Home-Based program. Our program serves pregnant mothers through age three. Please share our program's information with friends and families or anyone that can benefit from our program.

Resources

CEDA LIHEAP - CEDA

CEDA LIHEAP - CEDA is taking pre-applications for gas and electric bill assistance. There are two ways to pre-apply via a step-by-step guide:

1. Online at <https://www.cedaorg.net/find-services/gas-and-electric/>
2. Call [800-571-2332](tel:800-571-2332).

Free At-Home COVID-19 Tests

Residential households in the U.S. can order one set of four free at-home COVID-19 tests from <https://special.usps.com/testkits> (English), <https://special.usps.com/testkits-es> (Spanish) or call [800-232-0233](tel:800-232-0233).

Centers for Disease Control and Prevention (CDC)

Ten things to know about COVID vaccines for children ages 5 through 11. <https://www.cdc.gov/vaccines/covid-19/planning/children/10-things-to-know.html>.

Do you need food or health insurance?

Skip the local office and get help by phone or computer. The Greater Chicago Food Depository provides free expert helps. Their outreach team can help you with benefits information, applying or recertifying for the Supplemental Nutrition Assistance Program (SNAP), Medicaid benefits, and more. Apply online at abe.illinois.gov or call [773-843-5416](tel:773-843-5416). Find a food program near you by visiting chicagofoodbank.org/find-food or call [773-247-food](tel:773-247-food) (3663).

*From the desk of Joaquimia Williams,
Mental Health/Disabilities Coordinator*

How to Feel Calm

Help your child cope with emotions like anger, anxiety, and frustration by using these calm-down tricks at home or school.

Bear Hug: If your child is 's feeling overwhelmed. Have your child wrap his or her arms around themselves. Tell your child to give themselves a squeeze while slowly counting to five.

Pep Talk: Together, think of a positive message your child can repeat to himself or herself when he or she feels anxious. Example: "I can do this."

Deep Breath: Anger rising? Ask your youngster to inhale deeply and then slowly and gently blow the biggest imaginary bubble possible—to let the feeling out of their body.

Noodle Bones: To help your child relax, try this funny technique. Tell your child to close his or her eyes and pretend that all his or her bones are wiggly noodles.

Focusing Attention: When your little one begins to lose interest in an activity, encourage your child to do "one more" before he stops—attempt one more basket, try to balance on his or her bike one more time, put away one more book, etc. Over time, these small increases will add up.

NOTE: If you are concerned about your youngster's attention span, talk to your child's teacher who can tell you if they have noticed any problems.