

Monthly Family Newsletter

October 2021

Happy October Educare Flint Families!

This month for October we are observing National Eat Better, Eat Together Month during October! Our hope is to encourage families to gather for mealtimes. When families have their main meals together, they tend to eat more nutritious foods. With today's hectic schedules, it may feel impossible to eat together for every meal. But you can always start simply, by making it a goal to eat at least one meal a week as a family. Another way to make this possible is to prepare several meals ahead of time. Having ahead-meal menus ready, can help simplify and organize meal planning and shopping lists. Don't stop there! Try and get everyone involved in the cooking or setting the table. No matter the age of the family member, no one should be left out. What better way to spend time together and learn about each other's daily activities?



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EDUCARE FLINT

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Meet The Educare Family!

MEGAN DEMAND

Megan Demand is a Lead Teacher for Head Start, and has been working with the Educare Family for four years! Megan loves spending time with her family, coloring, and reading. Her favorite book to read is Harry Potter and the Chamber of Secrets. Megan enjoys both Italian and Chinese dishes when she wants to eat her favorite food. Her favorite time of year is Fall, specifically the Spooky Season. If Megan could have any superpower, she would have super speed because she always finds herself running late.

"The environment at Educare Flint is so welcoming and it feels like a family atmosphere. We laugh, have fun and everyone is always supportive of each other."

From Our Executive Director

JA'NEL JAMERSON

We all have heard the chatter of how valuable eating meals as a family can be. Eating meals as a family can provide numerous benefits for the children in a home. Including; less likely to be overweight, more likely to eat healthy food, perform better academically, less likely to engage in risky behaviors, and generally, have better relationships with their parents. Eating together can be difficult. Most in one household don't all share the same schedules. But when an effort is made, children can reap the benefits.

We are encouraging all families to share meals together this month! Our cookbook, What's Cookin', features dozens of recipes submitted by families at Educare Flint and Cummings Great Expectations for drinks, soups, healthy meals, desserts & more! The Edushare Market is available to assist with those additional food items needed to make your family mealtime complete. If you are interested, contact your Family Engagement Advocate for more information.

[Click Here](#) To Download The What's Cookin' Family Recipe Book!





Mark Your Calendars:



Important Dates

- **October 7: Parent Café Zoom**
- **W.O.W. (Women of Worth) will be honoring breast cancer awareness month in October**



From Our Family Engagement Coordinator

MIKE KILDEE

Eating Together as a Family

Our busy lives can make it a real challenge to try to have a meal together as a family. Although it can be challenging, it is well worth the effort to sit down as a family and share a meal that everyone has contributed to.

Schedule a time to eat together - Eating together can happen at Breakfast, Lunch, or Dinner. Pick the meal when it is best for your family to connect.

If you don't usually eat together, pick a day of the week that works best and try to increase that to a few days a week. Sunday dinner has been traditional time for families to eat together. This may be a good place to start and increase from there.

A time to connect - Sitting around the table gives everyone an opportunity to talk about their day by sharing what happened that was good and what may be bothering them. This will bring families closer and for young children, it can really build their self-esteem by allowing them to be heard.

It is important that there are no distractions from the conversations. It is best that cell phones or other technology not be at the table.

Everyone contributes - if everyone feels as though they are contributing to the meal, they are more likely to participate.

Children can help with preparing the meal, setting the table or clearing the table afterwards.

Children are more likely to eat foods that they have helped prepare. This can be helpful when encouraging children to eat healthier foods.

Spending time listening and supporting each other as a family has benefits that will last a lifetime. Take the time to share a meal together and enjoy being a family!

From Our School Director

JODI RAMOS

As we focus on eating healthy and eating together this month, we want to make sure our general health and our kids are in tip-top shape! It may be tempting to put wellness checks, immunizations, and dentist visits on hold with COVID-19 but we cannot ignore the fact of how fast children grow – physically and emotionally. And how your questions and concerns can grow right along with them. Well-child visits help prevent illness and injury, track growth and development, and raise concerns when they are needed.

Your pediatrician should be addressing dental health, but this is no substitute for a dental exam. Early dental visits can prevent trouble, such as risks for tooth decay and discoloration. Exposure to the dentist's office builds comfort and makes home dental care a little easier. But when do I even start taking my child to the dentist? Parents should ensure their child is enrolled in a dental plan by their first birthday, or six months after the first tooth becomes visible — whichever is earlier.

Attending well visits regularly during your child's development also aids in their eventual transition to adult care. As a parent, you are demonstrating how being proactive can lead to a better life. With the assistance of your pediatrician, you model what a doctor-patient relationship should be. Get prepared for your child's next visit by starting a list of questions for the next visit.



Scan this QR code to complete the health check survey each morning.



THANK YOU FOR ALLOWING US TO BE A PART OF YOUR FAMILY!