



NEW BRITAIN FAMILY RESOURCE CENTER

The latest news and updates



IMPORTANCE OF NUTRITION IN KEEPING CHILDREN HEALTHY

By Melinda Eberle

Childhood nutrition is crucial for a child's physical and cognitive development. It is important to establish healthy habits for life, and prevent chronic diseases. Proper nutrition ensures children receive the necessary vitamins, minerals, and other nutrients to support rapid growth and development during their formative years. It also plays a vital role in strengthening bones and teeth, boosting immunity, and maintaining a healthy weight.

Nutrition greatly impacts the developing brain. Malnutrition and food insecurity have been linked to deficits in learning and delays developmental milestones being reached. This is seen most often amongst the most vulnerable, infants and toddlers. To keep toddlers and young children healthy it is ideal to provide a balanced diet rich in fruits, vegetables, lean proteins, whole grains, and dairy or fortified alternatives.

It is also important to limit added salt, sugars, and unhealthy fats. Encourage healthy eating behaviors by modeling positive practices and involving children in food choices. Lastly, it is valuable for caregivers to provide as many fresh, whole foods as possible and only minimally give children processed foods. Good nutrition is essential to good health, and the American Academy of Pediatrics encourages all parents and caregivers to make nutritional decisions a top priority in raising young children.



Tips for the Summer Learning!

By: Mrs. Nebby Sanchez

- *Set aside 15 to 30 minutes each day for learning.*
- *Create a learning calendar with activities.*
- *Practice writing numbers and letters.*
- *Encourage thoughtful play.*
- *Create a sensory bin.*
- *Make a shape book.*
- *Count daily.*
- *Finger paint.*
- *Practice writing your name.*



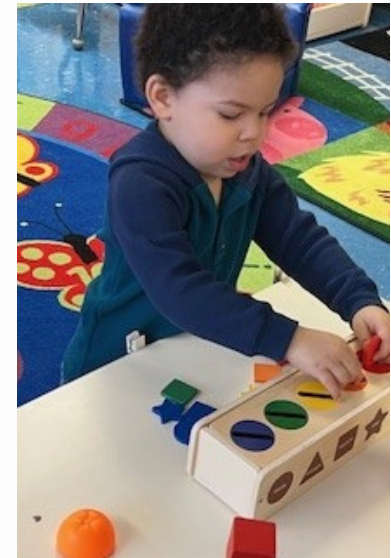
NUTRITION

By: Mrs. Marsha Michaud

Healthy eating is essential for your child's good health, growth, and development. It can reduce your child's chance of developing chronic diseases such as heart disease, type 2 diabetes, and obesity. Eating healthy can also allow everyone to feel good and enjoy life more. Eating foods from all five food groups gives your child the nutrition he or she needs to grow and be healthy. The five food groups are: Fruits, Vegetables, Grains, Protein Foods, and Dairy. Children should limit their intake of foods that contain saturated fat, added salt, or added sugars. Water should also be encouraged to drink. Starting at an early age allows children to be less picky.



Arts and Crafts



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FAMILY ACTIVITIES FOR JUNE 2025

- [CHECK OUT THIS SUMMER GUIDE IN CT FOR KIDS CLICK HERE FOR MORE INFORMATION!](#)

