



JUNE 2026 • ISSUE 63



# NEW BRITAIN FAMILY RESOURCE CENTER

*The latest news and updates*



## Be a role model when it comes to Nutrition

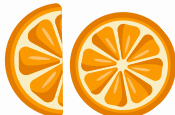
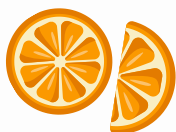
By: Mrs. Marsha Michaud

Did you know that eating meals together is a chance for parents to introduce kids to new foods? Eating as a family allows you to be a role model for healthy eating. The best way for you to encourage healthy eating is to eat well yourself.

Many times children will follow the lead of the adult that they see everyday. Focus on demonstrating healthy eating habits and positive attitudes towards food. This includes eating a variety of foods, especially fruits, vegetables, and whole grains, and showing enjoyment while doing so. It's beneficial to create a pleasant mealtime environment. Avoid negative comments about food. Remember, children are like sponges, they soak everything up.

Proper child nutrition is essential for ensuring the health and well-being of children as they grow. Children need the right foods at the right time to grow and develop to their full potential. The most critical time for good nutrition is while they're young, it's also the start of good habits.

Improving the quality of children's foods and feeding practices in the earliest years of life is the cornerstone of preventing malnutrition in all its forms. Malnutrition, however, can lead to various health issues, including stunted growth, weakened immunity, and cognitive impairments.



## 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.*





# HEALTH



By: Ms. Lila Ocasio

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



## STAFF CORNER

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### FAMILY ACTIVITIES FOR JUNE 2026

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

