

# INFORMATION SHARING

# Information Sharing

We know from our listening sessions with families that they want to hear from you! You spend so much time with their children that you become a resource for families on many levels. Families' needs for health, child development and center information varies, so we have listed helpful ways in which you can distribute information and resources that reach all of the families you serve. You may find that one method for sharing information works better than another depending on the families' needs. Feel free to try each option to see what works best.

## Face-to-Face

Although it might be a bit overwhelming to rely on face-to-face communication with your families, it can sometimes be the most effective way to share important information about a child's day, behavior changes, mealtime issues, etc. Encourage staff (*if applicable*) to share information, photographs of children's activities, artwork or any other exciting projects with families at the end of the day, as well. No matter how busy a parent might be, most people enjoy a friendly greeting and a quick update about their child at the beginning or end of a day. We have included conversation starters on page 30 for you to use with families you may be struggling to reach.

## Daily Communication Report

This is a great way for parents to learn about their child's daily activities at your center. Depending on the ages of children you serve, you may want to have separate daily sheets for infants, toddlers and children as their needs and experiences in child care are different. Examples of items to include on a daily sheet are: child's mood, how often and what food(s) the child ate, minutes and type of physical activity, goals reached, educational games played, lessons learned, bathroom habits (for younger children) and nap times. Additional information can include ideas for what the child and family can work on at home, materials needed for projects, replenishment of diapers, wipes, etc. We have included blank daily sheet templates for infants, toddlers and children on pages 46 – 48.

## Newsletter

Families enjoy hearing about what is happening in your center. Create a newsletter that includes information such as special events happening at your center or in the community, child recognition awards, birthdays, weekly menus, healthy recipes, ideas for physical activity at home, what the children are learning, administrative information or reminders, and even fun health tips found in the "Quick Tips" section of this guide. Distribute your newsletters by e-mail or as a hard copy on a weekly, monthly or quarterly basis. We have included a sample newsletter and a blank newsletter template on pages 49 – 50.

## Bulletin/White Board

Similar to the information included in a newsletter, posting information on a bulletin/white board is another effective way to communicate with families. Have the children add a special touch to the bulletin board or decoration to the white board for excitement. In addition to the items mentioned in the newsletter section, you can post upcoming events, a healthy "recipe of the week," promote a family involvement activity with flyers and a sign-up sheet, use the "Quick Tips" on page 32 to leave daily or weekly health tips for families to read, or post flyers to advertise free resources (*see examples on page 51*). You can make your boards interactive by leaving slips of paper and pens so that families can pin up comments or suggestions or answer trivia questions posted by you or your staff.

## **Memos/Letters Home**

Use these methods to highlight urgent or extremely important information that might go unnoticed if only posted on a board. This includes information on special events or activities that might require a permission slip or money; changes or amendments to nutrition, physical activity or screen time Rules; changes to your center policies; center closing information; or personal letters written to families. We have included letters to families regarding compliance with the DE CACFP/*Delacare* nutrition Rules (infants and children) on pages 42 and 44 and family-friendly checklists for packing a healthy meal on pages 43 and 45.

## **Electronic Communication**

Share information with families via e-mail, text messaging, list-servs, blogs, website or social media sites such as Facebook® and Twitter®. You might find that many of your families appreciate receiving their information through these channels.

## Conversation Starters

Face-to-face communication is one of the best ways to form better relationships with parents and provide them with important information about their child's health and activities during the day. To help you feel more confident in approaching parents, we have created a few sample questions for you to ask during times when parents are generally at the child care center. We've also included some sample comments you can make to help open up conversations with parents.

### During morning drop-off

- Has Jessica already had breakfast this morning? What did she have to eat?
- How is Jamal feeling this morning? Is there anything I should know before you leave?
- How did Eric sleep last night?
- Has Gabriel watched any TV yet this morning? We're trying to limit the amount of time that the kids spend watching TV or playing on the computer.
- It looks like Katie has juice in her sippy cup. Our center has a policy about juice – we only allow kids to have one small serving at lunch. Would you mind either pouring out the juice or taking it with you?

### During afternoon pick-up

- Cassie was a good eater today! She tried everything on her plate at lunch – brown rice, broccoli, peaches and chicken.
- Today Keisha's class worked on learning their colors using finger paints. Have you been working on her colors at home?
- Juan had a lot of energy today! He ran around the playground for all of recess, and after naptime, he spent most of the afternoon in our activity corner jumping rope and dancing to music. What kinds of activities do you generally do at home to help him burn off his energy?
- Earlier today, Lin and her friend got in an argument over a doll. I was very proud of Lin because she stayed calm and solved the issue without involving the teacher. She's really great at managing her emotions!
- Today during lunch, I noticed that Preston had Oreos® and a Capri Sun® in his lunchbox. Our center is required to follow the State's child care nutrition policies; so unfortunately, I have to send these items back home with you. The kids are only allowed to have cookies once every two weeks, and the juice they drink has to be 100% fruit or vegetable juice.

### Other conversation topics

- Serving sizes/portion control
- Introducing solid foods to infants
- Food allergies
- Developmentally-appropriate beverage containers (i.e., transitioning from bottle to sippy cup, and from sippy cup to an open-top cup)
- Family meals
- Preparing a healthy breakfast

## Ideas for Family Activities at Home

Families often want to help reinforce what you're teaching their child during the day, but aren't sure how to do it. Think about ways that you can give parents opportunities to continue educational and experiential learning at home. Here are some suggestions you can give parents to support their efforts to learn about and practice healthy habits at home.

- Have kids pack a family member's lunch. You may be surprised by what children choose. Have a discussion about whether or not each of the items is a healthy choice.
- Create a scavenger hunt around the house or neighborhood: Can you find three things that make it easy to be healthy and three things that make it hard?
- Prepare healthy snacks and meals as a family. See the *First Years* toolkit for ideas on dishes and preparation tasks that include children in the process.
- Encourage family field trips to a local orchard, park, museum or farm and link these suggestions to activities that kids have done in child care.
- Take a favorite family recipe and make it healthier by substituting similar ingredients: use low-fat instead of full-fat cheese or sour cream, natural applesauce instead of oil for baking, or whole wheat instead of regular pasta. Ask the family to share their healthier recipe and experience with your center.
- Create a sticker chart to work on healthy goals. Each member of the family picks a goal or you can pick a goal as a family. Make sure your goal is clear and achievable, such as "be active as a family for 15 minutes each school night." Ask the families how it went.
- Engage the kids in grocery shopping. Give them a choice in what fruits and vegetables they want to eat this week, and which new one they want to try. If kids have tried a new vegetable in the center, have parents ask kids if they want to try it at home.
- Practice movement activities, including some movements that the child is good at and some that he is learning. Do these movements in a follow-the-leader fashion or include them in a clean-up game.
- Share the high and low parts of your day during dinner. Use feeling words like "happy, sad or angry." Reassure children that it's okay to share their feelings.
- Create a list together of fun things to do instead of watching TV. When the one-hour limit for TV time has been reached, look at the list and let the child choose a fun alternative.
- Read books together each night. This can be a helpful part of a calming bedtime routine. Let the child borrow a book she liked from the child care center to share with her family.
- Give your child 10 minutes of "special time" each day when he gets your undivided attention. Use toys that lend themselves to quiet activity and let your child decide what he wants you to do together during that time. Praise often and ignore "bad" behavior unless it's unsafe.
- Look for colors, shapes and number connections at home. Ask your child to identify the colors and shapes of certain objects you see around the house. Ask her to count out food for each family member's plate at dinner: one roll, three pieces of broccoli, six carrots, etc.

## Quick Tips

Offering good information to parents doesn't have to be difficult or time consuming. The following are *Quick Tips* to support healthy behaviors you can add to weekly newsletters, post on bulletin boards or white boards, drop in conversations, send as text messages or post to Facebook® or Twitter®.

### Healthy Growth and Development

- Got a doctor's appointment coming up? Bring any questions you have to the appointment. It is up to you to prepare and voice your concerns.
- Hearing an echo? Your one-year-old learns by imitating things you say and do. Set a good example by using kind language.
- "Terrible Twos"? Around age two children begin to show more independence and even defiant behavior. Give your child choices, so that either option is an acceptable answer. For example, "Do you want to put your pajamas on yourself or do you want me to help you?"
- Starting at age three, your child should begin to match objects around the house with pictures in books and magazines. Point to chairs, tables or sofas in magazine photos and let your child point out the objects in your own home.
- Between ages four and five, your child should begin to differentiate between letters and numbers, recognize some letters and letter sounds, and rhyme. Let your child help you read shorter words in their bedtime story.
- How many fingers? Around age five children can usually count to 10 or higher. Try counting stairs as you walk them together.
- Looking for help around the house? Children ages three to five can follow clear, one-step instructions and help with simple chores such as picking up toys or bringing dishes to the sink.
- How do you teach the values of sharing and friendship? By encouraging your children to talk and play with others.

### Physical Activity

- You don't have to pay expensive gym fees to be active! Let kids use their imaginations and you will be amazed by what they do with cardboard boxes, empty milk and juice containers, a pot and spoon or taped up balls of newspaper.
- Use the outdoors to have fun for free! Let kids play in piles of leaves or splash through puddles in the rain.
- Tough to fit in an hour of physical activity each day? Take a 10-minute dance break! Breaking the recommended hour into six 10-minute blocks makes it easier to achieve.
- Don't let cold weather get you down. Bundle up and build a snowman!
- Do your kids love video games? Choose active games for Wii or Playstation to help get your kids up and moving.
- Take advantage of nice weather. Take a walk after dinner and save clean-up for when the sun goes down.
- Let children help while you complete household chores like vacuuming, sweeping and folding clothes.
- Take advantage of commercial breaks during your child's favorite show. See how many laps around the house you can complete during each commercial. Chase your child and see who "wins!"
- Plan play dates with other families at your child care. This is fun for kids and can give parents a needed break.

## Healthy Eating

- It can take 15 – 20 tries for your child to learn to like a food. If he doesn't like a food the first time around, try again!
- Get free recipes! Visit [http://www.nhlbi.nih.gov/health/pubs/pub\\_gen.htm](http://www.nhlbi.nih.gov/health/pubs/pub_gen.htm) **recipe** to get meal ideas sent right to your home. (*Note: this is best as a text or e-mail so parents can click on the link.*)
- Kids know when they are full. If they're showing signs like shaking their head no, saying "all done" or simply losing interest in eating, let them stop. Don't ask kids to clean their plate or eat if they're not hungry.
- Don't let meals be a power struggle. A parent's job is to decide what will be served and when; it's a child's job to decide what and how much to eat.
- What do hot dogs, salami and deli meats have in common? They're all considered "processed meats." These foods are high in salt and saturated fat and should be limited in kids' diets.
- Where do I get healthy fats? Fish and nuts contain the healthy polyunsaturated and monounsaturated fats. Trans fats and saturated fats in fried food and animal products should be limited.
- When it comes to providing food for children, it isn't necessary to buy organic. Instead, focus on regular produce that are fresh, locally-grown and free of bruises, cracks or dents.
- Grab a piece of fruit. Fruits and vegetables are naturally low in calories and provide essential nutrients and dietary fiber. They also make quick and easy snacks.
- When selecting and preparing meat, poultry and beans, make choices that are lean, low-fat or fat-free.
- Whole grains are a good source of dietary fiber, several B vitamins and minerals. Look for whole grains to be listed as the first ingredient, or the second ingredient, after water. Some examples of whole grains include oatmeal, whole wheat flour and brown rice.
- Diets high in fiber can lower risk for heart disease and prevent constipation. Fruits, vegetables and beans are great sources of fiber.
- Is your child picky when it comes to eating his fruits and veggies? Get creative! Try blending fruit, yogurt and low-fat milk into a delicious smoothie. You can also let him make his own kabob with fruits and veggies that he has helped pick out.
- Did you know that you can get milk and apple dippers instead of soda and fries with a Happy Meal at McDonald's? Aim for healthy choices, even when you're on the go.

## Beverages

- Juice is high in sugar and should be limited in kids' diets. Avoid serving juice to infants and limit kids aged one to five to 4 oz. of 100% juice a day.
- Got milk? For many kids, sugary drinks have taken the place of milk. Skip the soda and fruit drinks and serve milk at meals.
- Water and milk are the healthiest beverages for children. Kids aged one should drink whole milk, while kids two years and older should drink 1% (low-fat) or fat-free.
- Re-think your drink! When thirsty, think water. To spice it up, try flavoring water with fresh fruit or vegetable slices.
- If you're like most Americans, giving up soda would cut 66,000 calories from your diet each year. That's the total number of calories you should eat in a month and equates to 19 pounds of body fat. Choose water or fat-free milk instead of soda.
- Soda, sports drinks (e.g., Gatorade®), sweet teas, lemonades, coffee drinks and powdered drink mixes (e.g., Kool Aid®) usually have added sugars that can greatly increase a child's caloric intake. Choose water or 1% (low-fat) or fat-free milk instead.
- Artificially sweetened drinks should be limited so they don't take the place of healthier drinks, such as water and milk.

## Beverages (cont'd)

- If your child normally drinks large amounts of sugary beverages, artificially sweetened drinks may work well as a transition to healthier options, with the end goal being mostly fat-free or 1% (low-fat) milk and water.
- Coke Classic and Pepsi (pH 2.5) are almost as acidic as car-battery acid (pH 1)! Serve water or 1% (low-fat) or fat-free milk.

## Shopping Tips

- Frozen and canned fruits and vegetables can be cheaper than fresh fruits and vegetables. When you do choose frozen, canned or dried products, choose those without added sugars, sauces or seasonings.
- Shopping for cheese? Make sure you read product labels carefully and avoid buying anything labeled “cheese food” or “cheese product.” These products are not considered “real” cheese and are high in salt, fat and fillers.
- Cereals should have no more than 6 grams of sugar per serving. A few examples include: Cheerios,<sup>®</sup> Kix,<sup>®</sup> Honey Kix,<sup>®</sup> Wheaties,<sup>®</sup> Wheat Chex,<sup>®</sup> Total,<sup>®</sup> Shredded Mini Wheats,<sup>®</sup> and Rice Krispies.<sup>®</sup>
- You don't always have to buy fresh. Frozen and canned fruits are healthy, too. Look for fruit canned in 100% fruit juice, or if it's canned in syrup, drain and rinse before using.
- Purchase canned vegetables that are low in sodium or say “no salt added.” Avoid cans with dents, bumps or holes to be sure that your food will be safe from bacteria that could be harmful.
- Look for 100% whole grain or 100% whole wheat breads, crackers and pasta.
- High fructose corn syrup is just like any other sugar and should be limited in kids' diets. Check to see if it's hiding in the breads, crackers and sweets you buy.
- Where is the more reliable nutrition information located on a food package? The Nutrition Facts label! Compare similar food items and choose the ones with lower amounts of sugar, fat and sodium.
- To make a healthy choice on grains, look for the word “whole” in the first ingredient of grain products. For example, “whole grain corn” or “whole wheat flour” instead of “corn” or “wheat flour.”

## Healthy Celebrations

- Birthday or holiday celebration coming up? Plan a pajama party, read-a-thon, or game day to make the celebration about more than food.
- Need a healthy birthday treat? Fill small ice cream cones with pudding made from fat-free milk and top with fruit.
- Healthy holiday idea: celebrate with fruits and veggies in the holiday's traditional colors; like baby carrots on Halloween and cherry tomatoes at Christmas.
- Making a birthday cake? Use natural applesauce instead of oil. It's more nutritious and just as delicious. No one will know the difference!

## Snack and Meal Ideas

- Trying to keep your child busy while you're fixing dinner? Let your three-year-old help with mixing and mashing ingredients while cooking.
- Trying to keep your child busy while you're fixing dinner? Let your four- to five-year old use measuring spoons and cups to add ingredients while cooking.
- Want a quick on-the-go snack? Keep healthy cereal in small baggies to take on the road with you. For older children, try small boxes of raisins or trail mix.
- Make a healthy pizza: toast an English muffin, drizzle with pizza sauce and sprinkle with low-fat mozzarella cheese and veggies.
- Make your own parfait: layer yogurt and bite-size fruit pieces.

### **Snack and Meal Ideas** *(cont'd.)*

- Make fruit fun! Fill a waffle cone with bite-size fruit pieces.
- Make your own fruit popsicle. Dip a peeled banana in yogurt. Roll in crushed cereal and freeze.
- Need a new snack idea? Stuff a whole grain pita pocket with ricotta or cottage cheese and apple slices. Top with a dash of cinnamon.
- Make a quick and healthy breakfast: toast a whole grain waffle and top with low-fat yogurt and canned, fresh or frozen fruit.
- Want an EASY anytime snack? Cut up veggies right after you buy them so they are easy to grab in a hurry. Store in the fridge where kids can reach them.
- Need to whip up a quick breakfast for the kids? Try original/plain instant oatmeal with any fruit and a dash of cinnamon.

## Curricula & Resources with Connections to Home

The following curricula and resources are designed to promote and support healthy eating and physical activity in early childhood settings. Of all similar resources, these are listed specifically because they include family engagement components.

**Choosy Kids**, available for a fee

Choosy Kids offers I Am Moving, I Am Learning (IMIL) materials developed for Head Start to a wider audience. The program includes information for families and teachers, as well as games and activity CDs to keep children moving, learning and making healthy choices.

<http://www.choosykids.com/CK2/>

**Color Me Healthy**, available for a fee

A program developed to reach children ages four and five with fun, interactive learning opportunities on physical activity and healthy eating. The kit contains lessons, picture cards, posters, a music CD and family newsletters. <http://www.colormehealthy.com/professional/index.html>

**Coordinated Approach to Child Health (CATCH®) Early Childhood Program**, available for a fee

Modeled after the original coordinated school health program, this program is designed to nurture a love for physical activity, provide an introduction to classroom-based gardening and nutrition, and encourage healthy eating in children ages three through five. The kit includes parent tip sheets that encourage family involvement. <http://www.catchinfo.org/pdf/cec%20flier.pdf>

**Eat Well Play Hard in Child Care Settings**, free download

An intervention that provides nutrition and physical activity education to preschool children, their parents and child care staff. The curriculum focuses on improving the nutrition and physical activity behaviors of preschool children and their parents/guardians, and influencing food and activity practices in child care settings.

<http://www.health.state.ny.us/prevention/nutrition/cacfp/ewphccs.htm>

**Sesame Street: Healthy Habits for Life**, free download

A 100-page guide — available in English and Spanish — with resources to help you incorporate healthy physical activity and nutrition habits into your everyday life. Features poems, songs, posters, activities, family newsletters and more!

<http://www.sesameworkshop.org/initiatives/health/healthyhabits/>

**Grow It, Try It, Like It!**, free download or hard copy

A garden-themed nutrition education kit for child care center staff that introduces children to three fruits and three vegetables. The kit includes seven booklets featuring the fruits and vegetables with fun activities and a DVD with Cool Puppy Pup's Picnic and Lunch Parties. Each set of lessons contains: hands-on activities, planting activities and nutrition education activities that introduce MyPlate for Preschoolers. The kit promotes learning at home with fun parent/child activities and family-sized recipes that give tips for cooking with children.

<http://teamnutrition.usda.gov/Resources/growit.html>

**Power Panther Preschool Implementation Guide**, free download

A 10-lesson guide designed to encourage consumption of fruits and vegetables and promote physical movement for preschool-age children. The kit includes classroom activities, music CDs, newsletters for parents and six children's books. [http://healthymeals.nal.usda.gov/nal\\_display/index.php?info\\_center=14&tax\\_level=2&tax\\_subject=552&level3\\_id=0&level4\\_id=0&level5\\_id=0&topic\\_id=2193&&placement\\_default=0](http://healthymeals.nal.usda.gov/nal_display/index.php?info_center=14&tax_level=2&tax_subject=552&level3_id=0&level4_id=0&level5_id=0&topic_id=2193&&placement_default=0)

**Animal Trackers**, available for a fee

A physical education program for preschool children ages three to six. Featuring more than 60 activities spread out over 10 units, and filled with colorful characters and tons of games, songs and stories, children will learn to associate developing motor skills and coordination with fun! The kit includes a teachers' activity book, music CD, a poster set and 10 family take-home activities. <http://www.healthy-start.com/preschool-teaching-aids/animal-trackers.html>

**5-A-Day the Preschool Way**, free download

Inside this module you will find many tools to assist in improving the child care center nutrition environment. There are circle time and classroom activities, coloring sheets, parent handouts, kid-friendly recipes and other resources. Some of the activities explore or introduce the concepts of counting or color matching using fruits and vegetables. [http://healthymeals.nal.usda.gov/nal\\_display/index.php?info\\_center=14&tax\\_level=2&tax\\_subject=552&level3\\_id=0&level4\\_id=0&level5\\_id=0&topic\\_id=2153&&placement\\_default=0](http://healthymeals.nal.usda.gov/nal_display/index.php?info_center=14&tax_level=2&tax_subject=552&level3_id=0&level4_id=0&level5_id=0&topic_id=2153&&placement_default=0)

**Early Sprouts**, available for a fee

This program aims to increase children's food preferences for fruits and vegetables, and to promote family-based dietary changes through a seed-to-table curriculum and working garden. The program addresses children's fear of new foods through multiple exposures to targeted fruits and vegetables including sensory exploration, tasting sessions, cooking activities and family recipe kits. <http://www.earlysprouts.org/index.htm>

**Best Practices for Physical Activity: A Guide to Help Children Grow Up Healthy**, free download

This guide presents a comprehensive overview of physical activity recommendations for children and youth, as well as useful terms defined, frequently asked questions, parent tip sheets, handouts, and creative ideas for engaging children and their families in physical activity. <http://www.nemours.org/service/preventive/nhps/resource/publication.html>

**I am Moving, I am Learning (IMIL)**, must attend training

IMIL is a proactive approach for addressing childhood obesity in Head Start children. Launched in 2005, this program seeks to increase moderate to vigorous physical activity, improve the quality of movement activities intentionally planned and facilitated by adults, and promote healthy food choices. <http://eclkc.ohs.acf.hhs.gov/hslc/ecdh/Health/Nutrition/Nutrition%20Program%20Staff/IMIL/IamMovingIam.htm>

## Connecting Families to Resources

Families are often looking for the most up-to-date and reliable health and development information for their children. Many times they turn to the Internet for answers. However, the Internet can be overwhelming and doesn't always provide accurate information. Therefore, we've taken parents' most frequently mentioned needs and created the following list of the most current and accurate resources for you to share with them.

### National Organizations and Initiatives:

#### **KidsHealth.org**

The most-visited website on the Internet for information about children's healthy growth and development, KidsHealth provides health information from top doctors in a fun and educational way. The website is separated into different sections for parents, teens and kids.

<http://www.kidshealth.org>

#### **“Just in Time Parenting” Newsletter**

Just in Time Parenting is a free parenting e-newsletter designed to keep you up-to-date on health and development information related to your child at a specific age. Parents will need to register to receive these newsletters, however, registration is free!

<http://www.extension.org/pages/22110/just-in-time-parenting-e-newsletters>

#### **Myplate.gov**

The United States Department of Agriculture replaced the Food Guide Pyramid with MyPlate in June 2011. Information regarding the food groups, tips, interactive tools and other useful resources can be found on this website. <http://www.choosemyplate.gov>

#### **Let's Move! Child Care**

Launched by First Lady Michelle Obama, this program is a nationwide call-to-action that empowers child care providers to make healthy changes for children. Parents/guardians and child care providers can benefit from the healthy lifestyle tools, tip sheets and other resources provided on this website. <http://www.healthykidshealthyfuture.org/welcome.html>

#### **Centers for Disease Control & Prevention (CDC)**

The parenting section of this website provides information regarding healthy living, safety at home and the community, immunization schedules and developmental milestones.

<http://www.cdc.gov/parents/index.html>

#### **The Women, Infants and Children (WIC) Sharing Gallery**

WIC provides information and resources about healthy eating, family meals, active play and activities for families.

[http://www.nal.usda.gov/wicworks/Sharing\\_Center/gallery/sharinggallery.htm](http://www.nal.usda.gov/wicworks/Sharing_Center/gallery/sharinggallery.htm)

#### **United States Department of Agriculture (USDA) Team Nutrition**

Team Nutrition is a USDA initiative to support childhood nutrition through educating and supporting parents, children, providers and other community members. Resources include free bedtime stories, meal ideas and activities for children. <http://teamnutrition.usda.gov/library.html>

### **The American Academy of Pediatrics (AAP) “Parenting Corner”**

This website offers current and reliable information on almost all health topics, specifically developmental milestones, healthy living, safety and prevention, and family life. Tips, tools and current news are also available. <http://www.healthychildren.org>

### **California Childcare Health Program**

The California Childcare Health Program offers tip sheets that cover a variety of health topics including picky eaters, beverage choices and food allergies. Tip sheets are in English and Spanish. <http://www.ucsfchildcarehealth.org/html/pandr/factsheetsmain.htm>

### **Sesame Street Workshop**

Using the Sesame Street characters, this website provides information related to healthy development, life-skills, good nutrition and physical activity. <http://www.sesamestreet.org/parents>

### **Zero to Three: Family, Friend & Neighbor Care**

A national non-profit agency that promotes the health and development of infants and toddlers. This website showcases resources around early brain development, behavior and temperament, healthy eating, school readiness, screen time, play skills and much more. <http://www.zerotothree.org/early-care-education/family-friend-neighbor-care/family-friend-neighbor.html>

## **Delaware Resources:**

### **Department of Education, Parents as Teachers**

Provides parent education services to parents with first-born children ages birth through 36 months. A trained parent educator makes monthly home visits to provide information to parents about their children’s health and development. Services are offered in New Castle, Kent and Sussex counties. Phone number: (302) 735-4210 [http://www.doe.k12.de.us/infosuites/students\\_family\\_earlychildhood/parentsasteachers.shtml](http://www.doe.k12.de.us/infosuites/students_family_earlychildhood/parentsasteachers.shtml)

### **Spark Magazine**

A local publication that announces activities and events around the state of Delaware. To request FREE copies, refer to the “contact us” section of the website, or pick one up at the grocery store. [www.sparkweekly.com](http://www.sparkweekly.com)

### **MetroKids**

A local magazine for families that highlights activities and events happening in the region. To request copies, e-mail [info@metrokids.com](mailto:info@metrokids.com). [www.metrokids.com](http://www.metrokids.com)

### **El Tiempo Hispano**

A statewide, weekly, bilingual newspaper that offers international, national and local news geared toward the Hispanic community. [www.eltiempohispano.com](http://www.eltiempohispano.com)

### **Hoy en Delaware**

A statewide, monthly, bilingual publication that features information about events, education, finance and health. [www.hoyendelaware.com](http://www.hoyendelaware.com)