

# RESOURCES

# How to Use the Sample Resources

The following section includes a variety of resources, sample templates, and materials you can use to help engage families in healthy habits, based on their needs. Listed below are the resources included in this section and ideas for using each.

## **Letters to parents of infants and children regarding nutrition Rules and helpful tips for packing meals and snacks** (pages 42 – 45)

- Hand out to new families when they enroll in your center.
- Use as a “talking piece” at your next family event. Promote healthy eating for the entire family.
- Hand out to families who are interested in learning more about preparing healthy meals and snacks.
- Refer to the “Information Sharing” section of this guide for more ideas.

## **Daily reports for different ages: infant, toddler, child** (pages 46 – 48)

- Each report provides a section for parents to fill out about their child the night before coming to child care and a section for providers to fill out about activities during the day. This will help to encourage two-way communication between you, your staff (if applicable) and the parent.
- You can put a stack of these in a notebook to give to each family as a two-way communication tool. Exchange the notebook every morning and evening with each family.
- For more ideas, see the “Information Sharing” section of this guide.

## **Sample monthly newsletter and newsletter template** (pages 49 – 50)

- Use the template to create your own child care newsletter. Parents enjoy reading about what their children are doing while in your care.
- Post these on your bulletin board.
- Send newsletters out as a hard copy or electronically.

## **Flyers for free resources** (pages 51 – 54)

- We’ve included four flyers promoting free materials that you or your families can order online. Each flyer comes with a hard copy of the resource for you to display so that parents can look through it.
- Before hanging up the flyer, cut each tag on the dotted line from the bottom of the page up to where the dotted line ends. Have parents tear off a tag if they would like to order one of the resources.
- Create your own flyer to promote community events or other resources.

## **Hard copy samples of resources provided in this packet include:**

- “Just in Time” parenting newsletter
- Delaware Department of Education’s activity calendar for preschoolers
- Either “Delicious Heart Healthy Latino Recipes” OR “Heart Healthy Home Cooking African-American Style”
- USDA’s “Two Bite Club” book
- “Metro Kids: Delaware’s Family Resource Magazine”

# Letter to Families — Feeding Infants in Child Care

Dear Parent/Guardian,

Greetings from your child care provider, the Department of Education (DOE) and the Office of Child Care Licensing (OCCL). You are receiving this letter because your infant is enrolled in a Delaware-licensed child care facility. All child care facilities in Delaware are required to follow nutrition Rules which help to ensure that all children get the nutrition they need to grow up healthy.

We are working hard to ensure that children are receiving only the healthiest meals and snacks, and know you want this for your child, too. You can support this mission by carefully choosing the foods you pack for your infant. All foods eaten at child care must follow the nutrition Rules listed below, even if they are brought from home.

## Infants – Birth through 11 months

- Juice is not allowed.
- Only real cheese may be served. Cheese products and cheese foods are not allowed.
- Processed meats (e.g., hot dogs, sausage, bologna, etc.) are not allowed.
- Fried or pre-fried and then baked meats (e.g., chicken nuggets, fish sticks) are not allowed.
- Fried or pre-fried and then baked fruits and vegetables (e.g., French fries, tater tots) are not allowed.
- Cereals must contain no more than 6 grams of sugar per serving.
- A whole grain product must be served at least one time each day for infants from eight through 11 months of age if they are eating bread, crackers, etc. The food label for whole grain products lists a whole grain as the first ingredient or the second ingredient, after water. Examples include: whole wheat flour, oats, barley, brown rice and rye.
- Sweet grains/baked goods (e.g., cookies, cakes, donuts, Danishes, etc.) are not allowed.
- Combination foods, a mixture of two or more different meal components, (e.g., turkey and rice) are not allowed. Only combinations of fruits and/or vegetables are allowed (e.g., sweet potato and corn).
- Desserts, cobblers, puddings and jarred cereals with fruit are not allowed.

We know — it's a lot to think about! To make it easier to meet the guidelines when packing your infant's meals and snacks, we have provided a chart with the amounts and types of food needed for each meal/snack on the next page.

Early childhood is a critical time to teach healthy behaviors, and we are proud to partner with you to make sure that Delaware's children, including yours, grow up healthy! If you have any questions, please contact your child care provider.

Your partners in good health,



David Bowman,  
Department of Education



Patricia Quinn,  
Office of Child Care Licensing

DIRECTOR NAME,  
CENTER NAME

# Letter to Families – Packing Meals and Snacks for Infants in Child Care

All food served to infants in child care must meet the Delaware CACFP/*Delacare* Rules for nutrition. Serving these foods ensures infants are receiving the nutrients they need to grow up healthy. Use the checklist below to pack the foods needed to meet meal/snack requirements:

BIRTH THROUGH 3 MONTHS		
<b>BREAKFAST</b> <input type="checkbox"/> BREAST MILK OR IRON-FORTIFIED FORMULA	<b>LUNCH/SUPPER</b> <input type="checkbox"/> BREAST MILK OR IRON-FORTIFIED FORMULA	<b>SNACK</b> <input type="checkbox"/> BREAST MILK OR IRON-FORTIFIED FORMULA
4 THROUGH 7 MONTHS		
<b>BREAKFAST</b> <input type="checkbox"/> BREAST MILK OR IRON-FORTIFIED FORMULA <input type="checkbox"/> INFANT CEREAL*	<b>LUNCH/SUPPER</b> <input type="checkbox"/> BREAST MILK OR IRON-FORTIFIED FORMULA <input type="checkbox"/> INFANT CEREAL* <input type="checkbox"/> FRUIT OR VEGETABLE*	<b>SNACK</b> <input type="checkbox"/> BREAST MILK OR IRON-FORTIFIED FORMULA
8 THROUGH 11 MONTHS		
<b>BREAKFAST</b> <input type="checkbox"/> BREAST MILK OR IRON-FORTIFIED FORMULA <input type="checkbox"/> INFANT CEREAL <input type="checkbox"/> FRUIT OR VEGETABLE	<b>LUNCH/SUPPER</b> <input type="checkbox"/> BREAST MILK OR IRON-FORTIFIED FORMULA <input type="checkbox"/> INFANT CEREAL <input type="checkbox"/> FRUIT OR VEGETABLE <input type="checkbox"/> MEAT/MEAT ALTERNATE*	<b>SNACK</b> <input type="checkbox"/> BREAST MILK OR IRON-FORTIFIED FORMULA <input type="checkbox"/> BREAD OR CRACKERS*

\* These foods should only be sent to child care after being introduced at home. Solid foods such as infant cereals and pureed fruits/vegetables should be introduced gradually at six months of age for breastfeeding babies and four to six months of age for formula-feeding babies.

Some ideas of food items that meet the Rules and are healthy options for growing children are listed by category below. These foods are great ideas to pack for child care or to serve at home.†

<b>FRUIT/VEGETABLE</b>	<ul style="list-style-type: none"> <li>Fruits and vegetables, plain, not mixed with any other food</li> </ul>	
<b>GRAIN/BREAD**</b>	<ul style="list-style-type: none"> <li>Whole grain bread (rolls, breadsticks)</li> <li>Whole grain pita</li> </ul>	<ul style="list-style-type: none"> <li>Whole grain crackers</li> <li>Graham crackers</li> </ul>
<b>MEAT/MEAT ALTERNATE</b>	<ul style="list-style-type: none"> <li>Lean or very lean meat, poultry or fish</li> <li>Beans</li> <li>Egg yolk</li> </ul>	<ul style="list-style-type: none"> <li>Cheese</li> <li>Cottage cheese</li> </ul>

† All food should be mashed/pureed or finely chopped to avoid choking.

\*\* The food label for whole grain products lists a whole grain as the first ingredient, or the second ingredient, after water. Examples include: whole wheat flour, brown rice, rye, whole grain wheat, cracked wheat or crushed wheat, whole wheat flour, stone ground whole wheat flour, whole white wheat, oatmeal or rolled oats, whole corn, whole corn flour, whole cornmeal.

# Letter to Families — Feeding Children in Child Care

Dear Parent/Guardian,

Greetings from your child care provider, the Department of Education (DOE) and the Office of Child Care Licensing (OCCL)! You are receiving this letter because your child is enrolled in a Delaware-licensed child care facility. All child care facilities in Delaware are required to follow nutrition Rules which help to ensure that all children get the nutrition they need to grow up healthy

We are working hard to ensure that children are receiving only the healthiest meals and snacks, and know you want this for your child, too. You can support this mission by carefully choosing the foods you pack for your child. All foods eaten at child care must follow the nutrition Rules listed below, even if they are brought from home.

## Children: One year of age and older

- No more than one serving per day of 100% juice may be served to children (1 – 18 years).
- All juice must be 100% fruit/vegetable juice. Non-100% juice (i.e., juice drink or cocktail) is not allowed.
- Children 12 through 23 months of age must be served whole milk.
- Children 24 months of age and older must be served fat-free or 1% (low-fat) milk.
- Processed meats (e.g., hot dogs, sausage, bologna, etc.) may be served only one time every two weeks.
- Fried or pre-fried and then baked meats (e.g., chicken nuggets, fish sticks) are not allowed unless no more than 35% of their total calories come from fat.
- Only real cheese may be served. Cheese products and cheese foods are not allowed.
- Fried or pre-fried and then baked fruits or vegetables (e.g., French fries, tater tots) are not allowed unless no more than 35% of their total calories come from fat.
- A whole grain product must be served at least one time each day. The food label for whole grain products lists a whole grain as the first ingredient or the second ingredient, after water. Examples include: whole wheat flour, oats, barley, brown rice and rye. Whole grains are strongly encouraged for all meals/snacks.
- Cereals must contain no more than six grams of sugar per serving.
- Sweet grains/baked goods (e.g., cookies, cakes, donuts, Danishes, etc.) may be served one time every two weeks for snack only (not for breakfast, lunch or dinner).

We know — it's a lot to think about. To make it easier to meet the Rules listed above when packing your child's meals and snacks, we have provided a chart with the types of food needed for each meal on the next page.

Early childhood is a critical time to teach healthy behaviors, and we are proud to partner with you to make sure that Delaware's children — and yours — grow up healthy! If you have any questions, please contact your child care provider.

Your partners in good health,



David Bowman,  
Department of Education



Patricia Quinn,  
Office of Child Care Licensing

DIRECTOR NAME,  
CENTER NAME

# Letter to Families — Packing Meals and Snacks for Children in Child Care

In order to ensure children are receiving proper nutrition throughout the day, all food served to children in child care must contain the foods outlined in the Delaware CACFP/Delacare Rules meal pattern. Use the checklist below to pack the appropriate foods for meals/snacks:

BREAKFAST	LUNCH/SUPPER	SNACK (choose 2)
<input type="checkbox"/> MILK <input type="checkbox"/> FRUIT/VEGETABLE <input type="checkbox"/> GRAIN/BREAD <input type="checkbox"/> MEAT/MEAT ALTERNATE (optional)	<input type="checkbox"/> MILK <input type="checkbox"/> FRUIT/VEGETABLE #1 <input type="checkbox"/> FRUIT/VEGETABLE #2 <input type="checkbox"/> GRAIN/BREAD <input type="checkbox"/> MEAT/MEAT ALTERNATE	<input type="checkbox"/> MILK <input type="checkbox"/> FRUIT/VEGETABLE <input type="checkbox"/> GRAIN/BREAD <input type="checkbox"/> MEAT/MEAT ALTERNATE

Some ideas for food items that meet the Rules and are healthy options for growing children are listed by category below. These foods are great ideas to pack for child care or to serve at home. The notes listed in [brackets and italics] indicate items that are lower in fat, sugar and salt, and are the best options for growing children. The bracketed notes are suggestions, but not requirements.

<b>MILK</b>	<ul style="list-style-type: none"> <li>• Whole for age 12 through 23 months</li> <li>• 1% or fat-free for ages two and older</li> </ul>
<b>FRUIT OR VEGETABLE</b>	<ul style="list-style-type: none"> <li>• Fresh (sliced, diced or whole)</li> <li>• Canned fruit [in 100% juice or if in syrup, drained]</li> <li>• Canned vegetables [without added salt or fat]</li> <li>• Frozen fruits and vegetables [without added salt, sugar or fat]</li> <li>• Applesauce [unsweetened or no sugar added]</li> <li>• Salsa</li> <li>• Salads [with low-fat/fat-free dressing]</li> </ul>
<b>GRAIN/BREAD*</b>	<ul style="list-style-type: none"> <li>• Whole grain bread (rolls, breadsticks, pita)</li> <li>• Whole grain mini-bagels or English muffins</li> <li>• Whole grain pancakes or waffles</li> <li>• Whole grain tortillas</li> <li>• Whole grain crackers</li> <li>• Brown rice or whole grain couscous</li> <li>• Oatmeal</li> <li>• Low sugar cereal (no more than six grams of sugar per serving)</li> <li>• Graham crackers</li> </ul>
<b>MEAT/MEAT ALTERNATE</b>	<ul style="list-style-type: none"> <li>• Beef, ham, lamb, pork or veal [lean or very lean]</li> <li>• Chicken or turkey [boneless, skinless]</li> <li>• Fish</li> <li>• Canned tuna [packed in water, made with low-fat mayonnaise]</li> <li>• Real cheeses (e.g., cheddar, provolone, parmesan, Gouda, mozzarella, Swiss or ricotta) [low-fat]</li> <li>• Cottage cheese [low-fat or fat-free]</li> <li>• Yogurt [low-fat or fat-free]</li> </ul>

\* A whole grain product must be served at least one time each day. The food label for whole grain products lists a whole grain as the first ingredient, or the second ingredient after water. Examples include: whole wheat, brown rice, rye, whole grain wheat, cracked wheat or crushed wheat, whole wheat flour, stone ground whole wheat flour, whole white wheat, oatmeal or rolled oats, whole corn, whole corn flour, whole cornmeal.

# INFANT DAILY REPORT

## PARENT/GUARDIAN SECTION

Child's Name: \_\_\_\_\_ Date: \_\_\_\_\_

Time your child went to bed last night: \_\_\_\_\_

Pick-up time today?  
\_\_\_\_\_

Time your child woke up this morning: \_\_\_\_\_

How did your child sleep last night? \_\_\_\_\_

Last time your child ate \_\_\_\_ : \_\_\_\_ a.m. / p.m.

What did your child eat? \_\_\_\_\_

Medicine given (type, amount, reason): \_\_\_\_\_

## PROVIDER SECTION *(To be written about the child)*

Teacher's Initials \_\_\_\_\_

**My mood was mostly:**  
 Happy  
 Content  
 Fussy

**I napped:**  
From: \_\_\_\_ : \_\_\_\_ to \_\_\_\_ : \_\_\_\_  
From: \_\_\_\_ : \_\_\_\_ to \_\_\_\_ : \_\_\_\_  
From: \_\_\_\_ : \_\_\_\_ to \_\_\_\_ : \_\_\_\_  
From: \_\_\_\_ : \_\_\_\_ to \_\_\_\_ : \_\_\_\_

**You are running low on the following item(s). Please bring to child care:**  
 Diapers     Clothes     Formula  
 Wipes     Other: \_\_\_\_\_  
 Ointment    \_\_\_\_\_

**My diaper changes:**  
Time \_\_\_\_ : \_\_\_\_  Dry  Wet  BM (normal / loose / hard)  
Time \_\_\_\_ : \_\_\_\_  Dry  Wet  BM (normal / loose / hard)  
Time \_\_\_\_ : \_\_\_\_  Dry  Wet  BM (normal / loose / hard)  
Time \_\_\_\_ : \_\_\_\_  Dry  Wet  BM (normal / loose / hard)  
Time \_\_\_\_ : \_\_\_\_  Dry  Wet  BM (normal / loose / hard)

**Special Notes:**  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**I ate:**  
Time \_\_\_\_ : \_\_\_\_ What \_\_\_\_\_ Amount \_\_\_\_\_  
Time \_\_\_\_ : \_\_\_\_ What \_\_\_\_\_ Amount \_\_\_\_\_

**My activities:**  
Tummy Time  Yes  No Number of times \_\_\_\_\_  
Outside  Yes  No Number of minutes \_\_\_\_\_  
Sensory Toys  Yes  No (E.g., mobiles, teething toys, mirrors)  
Manipulative Toys  Yes  No (E.g., rattles, puzzles, blocks)  
***These are great activities for me to do at home, too!***

# TODDLER DAILY REPORT

## PARENT/GUARDIAN SECTION

Child's Name: \_\_\_\_\_ Date: \_\_\_\_\_

Time your child went to bed last night: \_\_\_\_\_

Pick-up time today?  
\_\_\_\_\_

Time your child woke up this morning: \_\_\_\_\_

How did your child sleep last night? \_\_\_\_\_

Last time your child ate \_\_\_\_ : \_\_\_\_ a.m. / p.m.

What did your child eat? \_\_\_\_\_

Medicine given (type, amount, reason): \_\_\_\_\_

## PROVIDER SECTION *(To be written about the child)*

Teacher's Initials \_\_\_\_\_

**My mood was:**  Happy  Mad  Sad  Tired

Not feeling well

**Encourage your child to use feeling words when talking about his/her day.**

**I napped:**

From: \_\_\_\_ : \_\_\_\_ to \_\_\_\_ : \_\_\_\_

From: \_\_\_\_ : \_\_\_\_ to \_\_\_\_ : \_\_\_\_

I did not nap today

**My diaper changes or toilet times:**

Time \_\_\_\_ : \_\_\_\_  Dry  Wet  BM (normal / loose / hard)

Time \_\_\_\_ : \_\_\_\_  Dry  Wet  BM (normal / loose / hard)

Time \_\_\_\_ : \_\_\_\_  Dry  Wet  BM (normal / loose / hard)

Time \_\_\_\_ : \_\_\_\_  Dry  Wet  BM (normal / loose / hard)

Time \_\_\_\_ : \_\_\_\_  Dry  Wet  BM (normal / loose / hard)

**I ate:**

**Breakfast:**

All  Some  I wasn't hungry

What: \_\_\_\_\_

**Morning Snack:**

All  Some  I wasn't hungry

What: \_\_\_\_\_

**Lunch:**

All  Some  I wasn't hungry

What: \_\_\_\_\_

**Afternoon Snack:**

All  Some  I wasn't hungry

What: \_\_\_\_\_

**New food(s) I tried today:**

\_\_\_\_\_  
\_\_\_\_\_

**Try this new food/recipe at home!**

\_\_\_\_\_

**I was active for \_\_\_\_\_ hours/minutes today. I...**

Ran

Played on playground

Jumped

Went for a walk

Cleaned up

Made a new game

Danced

Sang an active song

Played ball

Other \_\_\_\_\_

**Aim for at least one hour of active play at home!**

**You are running low on the following item(s).**

**Please bring to child care:**

Diapers

Clothes

Sunscreen

Wipes

Other: \_\_\_\_\_

Ointment

\_\_\_\_\_

**Special Notes:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# CHILD DAILY REPORT

## PARENT/GUARDIAN SECTION

Child's Name: \_\_\_\_\_ Date: \_\_\_\_\_

Time your child went to bed last night: \_\_\_\_\_

Time your child woke up this morning: \_\_\_\_\_

How did your child sleep last night? \_\_\_\_\_

Last time your child ate \_\_\_\_ : \_\_\_\_ a.m. / p.m.

What did your child eat? \_\_\_\_\_

Medicine given (type, amount, reason): \_\_\_\_\_

Pick-up time today?  
\_\_\_\_\_

## PROVIDER SECTION *(To be written about the child)*

Teacher's Initials \_\_\_\_\_

**My mood was:**  Happy  Mad  Sad  Tired  
 Not feeling well

**Encourage your child to use feeling words when talking about his/her day.**

### I napped:

From: \_\_\_\_ : \_\_\_\_ to \_\_\_\_ : \_\_\_\_  
From: \_\_\_\_ : \_\_\_\_ to \_\_\_\_ : \_\_\_\_

I did not nap today

**I was active for \_\_\_\_\_ hours/minutes today. I...**

- |                                      |   |
|--------------------------------------|---|
| <input type="checkbox"/> Ran         | <input type="checkbox"/> Played on playground |
| <input type="checkbox"/> Jumped      | <input type="checkbox"/> Went for a walk      |
| <input type="checkbox"/> Cleaned up  | <input type="checkbox"/> Made a new game      |
| <input type="checkbox"/> Danced      | <input type="checkbox"/> Sang an active song  |
| <input type="checkbox"/> Played ball | <input type="checkbox"/> Other: _____         |

**Aim for at least one hour of active play at home!**

### I ate:

#### Breakfast:

All  Some  I wasn't hungry  
What: \_\_\_\_\_

#### Morning Snack:

All  Some  I wasn't hungry  
What: \_\_\_\_\_

#### Lunch:

All  Some  I wasn't hungry  
What: \_\_\_\_\_

#### Afternoon Snack:

All  Some  I wasn't hungry  
What: \_\_\_\_\_

**I had \_\_\_\_\_ minutes of screen time today. I...**

- Watched an educational TV program
- Watched an educational DVD/video
- Played an educational computer/video game

**Try to limit screen time to one hour a day at home!**

### New food(s) I tried today:

\_\_\_\_\_  
\_\_\_\_\_

**Try this new food/recipe at home!**

\_\_\_\_\_  
\_\_\_\_\_

**Special Notes:** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

# CHILD CARE News

JULY 2011

## Community Activities for the Family

### Summer Festival

Riverfront / July 20

### Walk the Park

Brandywine Park / July 25

### Family Day

Brandywine Zoo / July 30

*For more information about these events, check out our Family Fun Board!*

## ◆ REMINDERS ◆

- Turn in your family activity sheets by August 1 to be entered in the raffle for the grand prize!
- Enrollment forms are due by August 31.
- We will be closed on Labor Day (Sept. 5).
- Please put your child's name on everything you send in.

## MEAL IDEA: BROCCOLI Pizza

**Make mini pizzas with veggies when you need a quick dinner!**

1. Preheat oven to 350°.
2. Top a whole wheat bagel or English muffin with tomato sauce.
3. Sprinkle with low fat mozzarella cheese
4. Place in oven until cheese begins to melt.
5. Meanwhile, cook broccoli (fresh or frozen) according to package instructions.
6. Top mini pizzas with broccoli and return to oven for 5 minutes.

## Family Activity

**Take a walk around your neighborhood after dinner. Bring your pets and make it a family event!**

## BOOKS WE ARE READING:

- *Oliver's Vegetables* by Vivian French
- *Grandpa's Garden Lunch* by Judith Caseley
- *Growing Vegetable Soup* by Lois Ehlert

*Ask us for a book to borrow and read at home or bring one in to share.*

## Miss Natalie's Newsy Nibbles

Summer is a great time to get outside and enjoy the warm weather! We have been playing outside quite a bit this month. Room 2 created a fun, new game called "Catch a Monkey by his Toe" that we all have enjoyed playing. Room 3 will create a new game for August. As a reminder, please be sure that your child has enough sunscreen, bug spray, and a change of clothes in his/her cubby at all times as we want your children to be protected from the elements.

Miss Gina has been cooking healthy and delicious meals for lunch and snack. She included her favorite recipe in this newsletter for you to try at home. The children have really enjoyed trying new foods, such as broccoli, this month! Many of you have probably noticed the weekly recipes that we've been sending home. Use these recipes to cook something healthy and new that the entire family can enjoy.

We also had a wonderful time at the Children's Museum at the end of June. The children learned exciting things about the human body and ways to stay healthy and safe this summer. They are looking forward to our next field trip to the Farmer's Market later this month.

As always, it is a joy to share time with your children. We appreciate all that you do. If there is anything we can do to help you, don't hesitate to ask.

**Happy Summer!** Miss Natalie

## FEELING WORD OF THE MONTH:

### Excited!

Encourage your child to use feeling words when talking about his/her day.

## BIRTHDAYS

July 5 – Mike (4)  
 July 11 – Kati (2)  
 July 25 – Kevin (1)  
 July 30 – Ryan (3)

## FUN FACTS

- > It can take 15-20 tries for your child to learn to like a food. If s/he doesn't like a food the first time around, try again!
- > Is it tough to fit it 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.

# CHILD CARE News



**Community Activities  
for the Family**

**Newsy Nibbles**  
— From the Director —

◆ REMINDERS ◆

**MEAL IDEA:**

**Family Activity**

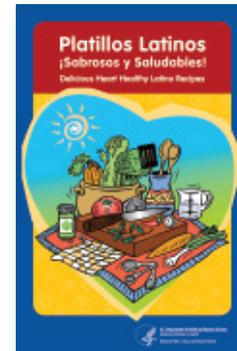
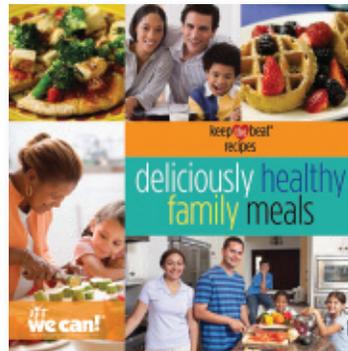
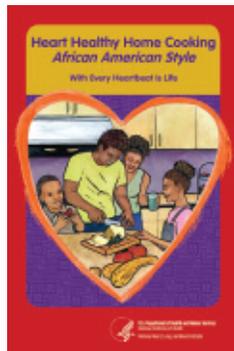
**BOOKS WE ARE READING:**  
  
*Ask us for a book to borrow and read at home or bring one in to share.*

**FEELING WORD OF THE MONTH:**  
  
Encourage your child to use feeling words when talking about his/her day.

**BIRTHDAYS**

**FUN FACTS**

# FREE! Healthy Cookbooks for You & Your Family



## A variety of cookbooks to chose from including:

- *Heart Healthy Home Cooking: African-American Style*
  - *Deliciously Healthy Family Meals*
  - *Delicious Heart Healthy Latino Recipes*

**All cookbooks include quick-and-easy meal ideas the whole family can help to prepare!**

Visit the website to order: <http://www.nhlbi.nih.gov/health/pubs/>

<http://www.nhlbi.nih.gov/health/pubs/>

Click on: Patients/General Public,  
then on recipe Collections

<http://www.nhlbi.nih.gov/health/pubs/>

Click on: Patients/General Public,  
then on recipe Collections

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Click on: Patients/General Public,  
then on recipe Collections





# FREE! *Just in Time* Parenting Newsletter



***Just in Time Parenting*** newsletters are delivered each month based on your child's age. The newsletters offer reliable information about health and development from parenting experts who are parents themselves!

### Features of the email newsletter include:

- Downloadable PDF files for sharing
- Audio podcasts for baby's first 12 months
- The opportunity to ask your questions to experts across the country

Visit the website to order: <http://www.extension.org>

<http://www.extension.org/>  
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