



Hello, Spring!

As temperatures begin to warm, we are eagerly awaiting the arrival of spring and all that it brings - fun outdoor activities for our Head Start and Early Head Start students! Our themes this month will focus on the signs of spring, and all of the wonderful discoveries that go with it: rain, flowers, animals, and insects. We will also learn about our community helpers this month. There are many fun days ahead!

Don't forget, if you would like to join us in the classroom, our Parent Volunteer Program is always available... just let us know.



Well Checks

Well visits with your child's pediatrician are an important part of making sure that your child is growing at the appropriate rate and to reduce or prevent illness. Additionally, keeping these regularly scheduled appointments ensure that your child is up to date on his/her vaccines, which in turn allows for quicker entry into childcare and school.

Once you receive the Health Inventory, please give it to your Family Service Worker/Site Coordinator or email it to healthservices@shoreup.org.



Important Dates - Please Note:

March 3 will be a half-day for all students.

Allergy Season is Upon Us

If your child seems to get a cold around the same time every year, it may be seasonal allergies that are to blame. Allergy symptoms can look a lot like a cold, and they include:

- sneezing
- itchy nose and/or throat
- stuffy head
- runny nose with clear mucous
- post-nasal drip/ drainage
- itchy, watery, red eyes
- coughing, wheezing, or shortness of breath



There are many ways to treat seasonal allergies. Depending on how severe the allergies are, your pediatrician may recommend limiting exposure, keeping windows closed, washing hands and changing clothes after playing outside, or medications. If none of these work, you may be referred to a specialist for additional treatment options.

Mental Health Awareness

In the last three years, mental health has gone from being a taboo subject that no one talked about to an issue of importance for many people. Here are some practical ways that you can strengthen and protect your own mental health.

Practice Self-Compassion

Unexpected issues, difficulties, and delays are a part of life, so don't be too hard on yourself when you experience a setback. If someone you cared about was struggling, you would probably offer them some words of encouragement such as, "It's okay, you'll get it next time," or "It happens to everybody - no big deal." Show that same compassion and encouragement to yourself! When you are kind to yourself, you are more likely to succeed.



Set Boundaries

If you want to protect your emotional wellbeing, you must set boundaries. Work to eliminate the things that damage your mental health by setting a boundary of what you are not willing to tolerate, discuss, or do. Communicate the boundary clearly and respectfully, then be prepared to stick to it.

Practice Forgiveness

Holding on to anger, resentment, or bitterness can take a toll on your mental health. Forgiveness is not always easy, but you can take constructive steps to help let go of the negativity that you're feeling in order to make room for more positive emotions. Many people find that journaling is a good way to process feelings and begin to move forward. Talking to a loved one or even a therapist can also be of great assistance when seeking to forgive.

Ask for Help

There is no shame in wanting to achieve better mental health! If you feel overwhelmed, stressed, depressed or anxious, remember to speak up and say so. Talk to someone you can trust about how you're feeling. And if you don't feel safe doing that, seek the help of a professional to help you sort through your emotions.

You are not alone! Everyone is struggling with something. Seeking a better state of mental health will have a ripple effect of improving many aspects of your life - you will be a better parent, partner, employee, and friend when you are feeling confident, peaceful, and calm.

Nutrition: A healthy snack that's fun to eat!

Fruit Skewers are a tasty treat that kids will enjoy eating. You can make the snack even more special by using cookie cutters to make fun shapes (star, heart, etc.). Just get some bamboo skewers and slide pieces of fruit on one at a time.

Here are some fruits to consider adding to a skewer - but the possibilities are endless:

- cantaloupe
- honeydew melon
- blueberries
- strawberries
- blackberries
- grapes
- kiwi fruit



Reasons to Celebrate in March

- **March 1:** National Peanut Butter Lover's Day
- **March 2:** Dr. Seuss' Birthday, National Read Across America Day, Old Stuff Day, World Teen Mental Wellness Day
- **March 3:** National Anthem Day, National Mulled Wine Day, World Wildlife Day
- **March 6:** National Dentist's Day
- **March 7:** National Cereal Day, Flapjack Day
- **March 8:** International Women's Day
- **March 12:** National Girl Scout Day, Working Moms Day, Plant a Flower Day
- **March 13:** Daylight Saving Time
- **March 14:** National Pi Day
- **March 17:** St. Patrick's Day
- **March 18:** National Sloppy Joe Day, Awkward Moments Day
- **March 20:** First Day of Spring
- **March 23:** National Puppy Day, World Meteorology Day
- **March 24:** National Cocktail Day, World Tuberculosis Day
- **March 31:** National Prom Day, Crayon Day, Tater Day



Illness Prevention

Getting sick is inevitable, but there are some simple steps you can take to lower your risk of becoming ill and/or developing serious conditions as a result of illness.



1. **Get a flu shot every year (ages 6 months and older).** These shots help people build up immunity to the flu virus. A stronger immune response means you will be less likely to contract the virus or, if you do, your symptoms will not be as severe. You can get a flu shot any time during the flu season... it's never too late!
2. **Prioritize hand hygiene.** Wash hands often or, if soap and water are not readily accessible, use an alcohol-based hand sanitizer. Keeping hands clean is the simplest, most effective way to stop the spread of germs.
3. **Build up your child's immune system.** To give your child's immunity a boost, make sure they get enough sleep each night (usually 8-10 hours), eat a well-rounded diet, and get an hour of physical exercise each day.

March is National Women's History Month

Why is women's history important? For girls, knowing women's achievements expands their sense of what is possible. For all of us, knowledge of women's strengths and contributions builds respect and nourishes self-esteem.

You can celebrate the achievements of women by learning about them. There are many wonderful women role models to choose from! Amelia Earhart was a pioneer in female aviation, while Elizabeth Cody Stanton and Susan B. Anthony were leaders in the women's suffrage movement, securing the right for women to vote in elections. Rosa Parks created a pivotal moment in the civil rights movement when she refused to give up her seat on a city bus for a white passenger. Clara Barton was known as "Angel of the Battlefield" because of her nursing work during the Civil War. There are many, many women to discover and celebrate!

Maybe you can make history too! Consider volunteering at a local organization that supports women and women's rights. For instance, you may want to consider volunteering with or making a donation to an organization that helps women who are dealing with a breast cancer diagnosis and treatments such as Women Supporting Women (local) or the Susan G Komen Foundation (national). If political issues and gender justice are more appealing, you can check out the National Women's Law Center or write letters to your Congressmen about legislation pertaining to women.



Most importantly, though, talk to people about women who have made an important impact in history or in your life.