

# Child Care Matters

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## It's Back To School Time

Yes, it's time for school and we know school start-up can cause a lot of anxiety for children. Whether it's just beginning school, re-turning to a new grade, new teacher or new school, preparation will ease the transition. Encourage your kids to express their feelings about school, highlight their strengths and abilities and talk about the protection of safety rules.

Take your kids along for the excitement of school readiness shopping. Get a wall calendar and count down the days with stars for completed tasks. Clear a space for home study in the bedroom, kitchen or living room where supplies, planners and books are in sight.



Plan a consistent time together for completing homework.

When you take your child to school or day care the first day, and meet the teacher together, also stay to meet and connect with other parents. You may want to plan social and brain building activities together, like the following: a back to school picnic or party; field trips to the library, museum, park,

games; and a homework club.

Play is called the engine of development. Host play dates that include math games, science experiments, reading/acting out a favorite book, vocabulary building sing-alongs. Physical activity also is key to healthy growth, mental skills building and happy relaxed moods. Make time for your children to have free play and play with family and friends. It's an important part of school success.

## Fight Lead With Nutrition

Food can make it harder for lead to be absorbed in the body. Choose nutrient dense food for overall health and make sure you have enough of iron, calcium and vitamin C in family meals.

**SOURCES OF IRON:** red meat, fish and chicken; green

leafy vegetables, such as spinach, kale, collards; whole grain cereal, bread, pasta; dried fruit; beans, peas, lentils.

**SOURCES OF VITAMIN C:** Citrus fruits, like oranges, grapefruit, tomatoes. Veggies, like peppers, broccoli, potatoes. Fruit, like peaches, straw-

berries, pears, watermelon. **SOURCES OF CALCIUM:** Milk, cheese and yogurt; Green leafy vegetables; Calcium fortified orange juice, tofu, canned salmon and sardines (both with bones in).

## Your Voice: New Jersey's School Breakfast Bill

New Jersey's School Breakfast Bill law will give tens of thousands more students a healthy start to their school day. The School Breakfast Bill, signed into law in May 2018, requires all identified schools to implement breakfast after the bell at all grade levels at the beginning of 2019-2020 school year. The law requires schools identified with at least 70 % of students eligible for free or reduced lunch-price meals to serve breakfast during the school day. This will affect about 500 schools educating 308,000 students.

Making breakfast part of the day —just like lunch—is the most effective way to deliver the meal to New Jersey children who need this morning nutrition to be ready to learn. The School Breakfast Bill has the potential

to bring as much as an additional \$43 million in federal reimbursements into New Jersey to feed children ( ACNJ's analysis). Source: NJ Food for Thought Campaign/Hunger Free New Jersey



## Tu Voz: La ley de Desayuno Escolar de Nueva Jersey

La ley de Desayuno Escolar de Nueva Jersey dará a decenas de miles de estudiantes un comienzo saludable en su día escolar. La Ley de Desayuno Escolar, promulgada en Mayo del 2018, requiere que todas las escuelas identificadas implementen el desayuno después de la primera campana del día en todos los grados al comienzo del año escolar 2019-2020. La ley exige que las escuelas identificadas con al

menos el 70% de los estudiantes elegibles para recibir comidas gratuitas o a precio reducido para el almuerzo sirvan el desayuno durante el día escolar. Esto afectará a unas 500 escuelas que educan a 308,000 estudiantes.

Hacer que el desayuno sea parte del día, al igual que el almuerzo, es la forma más efectiva de entregar la comida a los niños de Nueva Jersey que necesitan nutrición balan-

ceada para aprender durante el día. El proyecto de ley sobre el desayuno escolar tiene el potencial de aportar hasta \$ 43 millones adicionales en reembolsos federales a Nueva Jersey para alimentar a los niños. (Análisis de ACNJ). Fuente: NJ Food for Thought Campaign / Hunger Free New Jersey

## LUCHANDO CONTRA EL PLOMO CON LA NUTRICIÓN:

Los alimentos pueden dificultar la absorción del plomo en el cuerpo. Elija alimentos ricos en nutrientes para la salud general y asegúrese de tener suficiente hierro, calcio y vitamina C en las comidas familiares.

**FUENTES DE HIERRO:** carne roja, pescado y pollo, vegetales de hoja

verde (espinacas, col rizada, acelgas), cereales integrales, pan, pasta, frutos secos; frijoles, guisantes, lentejas.

**FUENTES DE VITAMINA C:** Frutas cítricas (naranjas, toronjas, tomates, etc); Vegetales (pimientos, brócoli, papas, etc); frutas (como duraznos, fresas, peras, sandías, etc).

**FUENTES DE CALCIO:** Leche, queso y yogurt; Vegetales de hoja verde; Jugo de naranja fortificado con calcio, tofu, salmón enlatado y sardinas (ambos con huesos).