

# WHAT'S HAPPENING IN EHS HOME-BASED

## MARCH

### HEALTH

March is National Nutrition Month

Kick it off with 5 Tips to Boost Your Health:

- Eat breakfast every day.
- Plan as many home-cooked meals as you can.
- Eat plenty of fruits and vegetables.
- Beware of sweetened drinks.
- Choose food sensibly when eating out.

### OUR HOME VISITORS

HOME-BASED COORDINATOR  
DIXIE PHILLIPS  
386-248-5271

ANNA SAMPSON      EDNA VIANA  
386-507-1257      386-507-4561

KELLY CLARK      GERICKA SMITH  
386-414-0627      386-507-4562

### FAMILY ADVOCATES

CARMEN R HARRIS  
386-248-5790

LATOYA PETERMAN  
386-279-1114

### POLICY COUNCIL

On Thursday, February 25, 2021, MFCS HS/EHS Policy Council met via Zoom. New elections were held for the Chair and Vice Chair positions; these were filled. The Policy Council approved the January PC Minutes. Six prospective staff were approved to proceed with hiring. The following reports were approved: budgets, attendance, enrollment, and snack reports. Lastly, the following Parent Activities were approved: Osteen, Westside, and Easter Seals.

## EDUCATION

**PREGNANCY:** Go on a Casual Stroll. While you may not feel like walking around, taking a nice stroll around the block can be just what you need to feel a little less tired.

**INFANTS:** Exploring the Face, name the part of your face your baby touches the moment she touches it. Allowing your baby to explore your face helps her begin to connect the word she hears with the part of the face she feels.

**TODDLERS:** Family Circle Games, invite your child to join in a family game. Having fun in a group helps your child feel loved and supported by his family.

### LET'S GET SOCIAL

#### Socialization Day

Free Book for Every Family That Participates  
Raffle Giveaway  
Snacks

#### BOOK OF THE MONTH

Stanley's Diner by William Bee

Now  
Enrolling!



@MFCSHEADSTART

### TOGETHER TIME

#### Art for Two




Forming relationships with adults will help your child feel comfortable with familiar adults, and she/he may be more willing to try new experiences with the adult assisting her. By offering to do a new activity one-on-one with your child, you balance the familiarity of your presence with the adventure of trying something new. As your child is painting, talk with them and ask those open ended questions about their painting. You could use crayons, chalk, and water colors for this craft. Please Share your pictures with your Home Visitor, We're looking forward to seeing your project!



Head Start  
Mid Florida Community Services  
Early Head Start



# MARCH 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4  SOCIALIZATION 10:00 A.M.	5	6
7	8	9	10	11	12	13
14	15	16	17	18  SOCIALIZATION 10:00 A.M.	19 <b>IN SERVICE DAY</b>	20
21	22	23	24	25	26	27
	 <b>MARCH 22 - 26   SPRING BREAK</b>					
28	29	30	31			

hello  
March

