

JULY 2023

MANISTEE GREAT START FAMILIES

GREAT START COLLABORATIVE NEWSLETTER



Unplugged at the Marsh

Join us for a self pace walk exploring the marsh and talking about all you can see and hear! **FREE Unplugged Explorer kits, as supplies last.**

Monday, July 17th

9:30 am

Arcadia Marsh

16791 Northwood Hwy, Arcadia





UPCOMING EVENTS

Park Playgroup
 Fridays 9:30 – 11:00 am
 Stronach Park Manistee

Books In the Park
 Sat July 29th
 9:30 am
 Magoon Creek Picnic Area

Story Time on the Go
 Wed July 5th
 9:30 am

Spirit of the Woods Brethren
 (Kid friendly hike W/story
 and snack)



LET'S TALK ABOUT HEALTHY HABITS

Come up with a "healthy habits" morning routine with your little one. Talk about all the things you can do each morning to help your body stay healthy and strong throughout the day. "We can stay healthy by brushing our teeth, eating a healthy breakfast, and moving our bodies! What other things can we do



Germes Are Not for Sharing
 By: Elizabeth Verdick and Marieka Heinlein



Germes are not for sharing! This friendly board book teaches young children how to stay clean and healthy: cover up a sneeze or cough, blow kisses when you are sick, and most importantly, wash your hands! This book also includes tips for parents and caregivers on how kids can stay healthy.



Eating the Rainbow
 By: Patricia Barrera Boyer

Ceci only eats a few plain foods. When her grandmother takes her to the grocery store and suggests they eat a "rainbow" she is introduced to a whole new world of healthy food choices. Talk to your child about their favorite colorful fruits and veggies!

