

Manistee County Great Start Collaborative

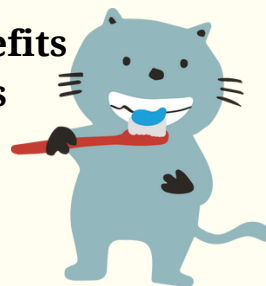


Wexford-Missaukee-
Manistee Counties

February
2024
Newsletter

National Children's Dental Health Month

The February 2024 National Children's Dental Health Month (NCDHM) is brought to you by the ADA. This month-long national health observance brings together thousands of dedicated professionals, healthcare providers, and educators to promote the benefits of good oral health to children, their caregivers, teachers and many others. Stay tuned this month for more information on dental health, tips and activities on the importance of developing healthy oral habits!



TALK
READ
SING

TALKING IS TEACHING.ORG

Upcoming Events

Play & Learn

- New Dates/Time: See Calendar for more details!
Good Shepherd Evangelical Lutheran Church -
521 Cypress St, Manistee

Bounce House Open Gym

- February 17th, 1-4 pm
Pleasant Valley Community Center
3586 Glovers Lake Rd, Arcadia (Kids up to 8 yrs old,
socks required)

Outdoor Events – Watch FB for announcement!
Activity, Time and Location TBD on weather
conditions (Hiking, Sledding, Snowshoeing, Winter
Scavenger Hunts, etc.)

Stay connected with us on Facebook!
Manistee County Great Start Families!



**SPONSORED BY THE GREAT START
COLLABORATIVE - MANISTEE
COUNTY**

**ACTIVITY, LOCATION AND DATE/TIME TO BE
DETERMINED BASED ON WEATHER CONDITIONS**



**Wexford-Missaukee-
Manistee Counties**

KIDS POP UP WINTER EVENTS

**FREE
FUN
FOR
KIDS!**



ACTIVITIES:

**SLEDDING, HIKING, SNOWSHOEING, ICE SKATING, WINTER
SCAVENGER HUNTS, BUILD SNOWMEN AND SNOW ANGELS!**

**STAY TUNED: WATCH FACEBOOK
FOR MORE ANNOUNCEMENTS!**

**PARENTS AND CAREGIVERS: GET TOGETHER TO
SOCIALIZE AND MEET OTHER FAMILIES IN THE AREA**

LET'S TALK, READ AND SING ABOUT HEALTHY HABITS

BOOK AND VIDEO RECOMMENDATIONS FOR YOUNG CHILDREN

BOOKS

Clifford's Bathtime

By: Norman Bridwell

Clifford the puppy doesn't want to take a bath, but as soon as he gets in the tub, he finds out how fun bath time can be! How can you and your child have fun during bath time?



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.



Madison Goes to the Dentist

By: Molly Fields

It's important to keep your teeth clean! This colorful and bilingual book will teach your little one how to keep teeth clean, as well as what to expect when visiting the dentist.



Eating Well!

By: Jess Stockham

Did you know that both people and animals eat some of the same healthy foods, like oats, fruit, and fish? This story explores the different tastes and



flavors that children can enjoy. The book comes with interactive flaps – flip them over to find hidden pictures!

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!



VIDEO

Talk About Healthy Foods

One of the most important healthy habits to teach your little one is eating healthy foods! As your child munches on fruits, veggies, or other healthy snacks, talk about what the foods taste, feel, and look like. "Is your yellow banana sweet? Soft?" Learn more ways to talk about healthy foods [here](https://www.talkingisteaching.org).

For more tips and information, please visit: www.talkingisteaching.org



Tips and Hints to Support Regulation



Bedtime

Before expecting a child to follow bedtime rules, a child should be able to follow a variety of directions and participate in a variety of routines, including cleaning up toys and coming when called.



Book Time

For children who show little or no interest in books and become dysregulated during book time, make a book using a small photo album and use photos of favorite people and pictures of preferred items such as favorite toys, foods, or stuffed animals.



Community Outings

While grocery shopping, give the child a snack (if they are behaving appropriately).



Diapering and Dressing/Grooming and Hygiene

Have the child help as much as possible to increase not only cooperation but also independence in self-care.



Mealtime/Snack Time

Use the highchair or booster seat for preferred activities such as playing with modeling dough, coloring, or watching a movie. Introduce food at the end of these activities.



Playtime

Being playful and silly is a good way to help a child develop trust and regulation during play.





Help Me Grow Manistee County

A better future starts with Help Me Grow. Let us connect you to a local grid of community resources that help children thrive.

Find us at www.helpmegrow-mi.org/manistee

ASQ Developmental Screening

Track your child's progress with a free developmental screening. A Care Coordinator will follow up with results and activities.

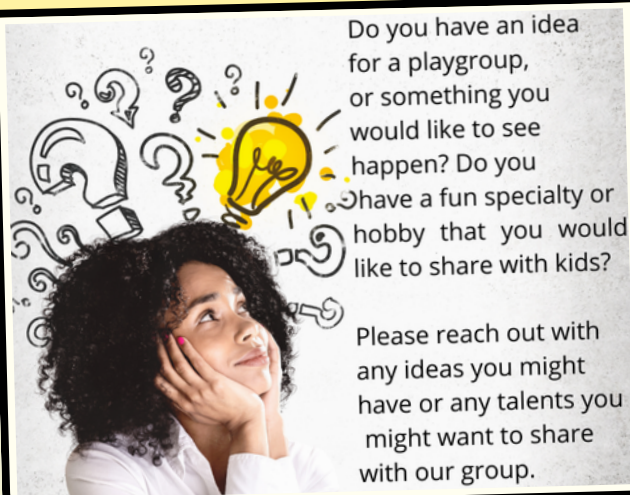
Support for Families

Have parenting questions or concerns about behavior? Please feel free to email us at helpmegrow@manistee.org to be connected with available resources.

Connecting Parents

We will help you navigate all the services available and refer you to the right programs. You can also search for preschools and child care within your community.

Have an idea for our Manistee GSC?



Email your ideas to
Joan Schmidt,
Family Liaison
jschmidt@manistee.org
I would love to hear from you whether you have ideas for our group, comments, concerns or questions. Please feel free to reach out to me!



For more info:

www.wmmgreatstart.org