

# CCRR Family Newsletter

August 2023 Issue #8

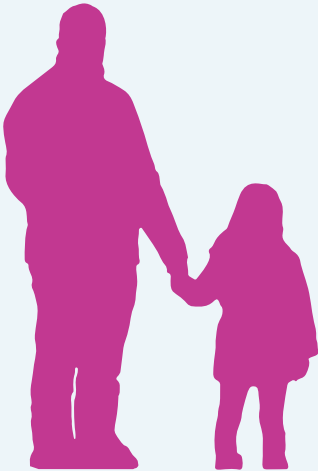


## Develop Healthy Snack Menus with Children

Growing children need healthy foods to keep their bodies strong. It's important to remember that children need wholesome snacks throughout the day in addition to breakfast, lunch & dinner. Eating healthy snacks can improve your family's health & create memorable bonding moments. You can read more on this by visiting this link: <https://www.pbs.org/parents/thrive/healthy-snack-ideas-for-kids>

## Encourage Creativity and Artistic Expression

Unleash your family's creativity this summer with our art and craft ideas that will spark imaginations and make lasting memories! Curate a unique family art gallery. Let your little artists explore their talents and create masterpieces with easy-to-follow DIY projects. For fun ideas, visit Pinterest or Parents.Com and search for DIY Kid's Art Gallery for inspiration.



## Preparing Your Child for the New School Year

Get ready for the upcoming school year with our helpful back-to-school tips and checklists! As summer winds down and the school bells draw near, it's essential to ensure a smooth transition for your family. From stocking up on school supplies to setting up a consistent daily routine, our expert advice will guide you through the process. Discover fun ways to engage your children in preparation, and practical tips for easing them out of summer mode and into school mode. See the back to school tips and checklist in this quarter's newsletter.



## Before- School Check List!



- Make your bed.
- Brush your Teeth, and wash your face,
- Eat Breakfast.
- Get Dressed. Gather your lunch & backpack.
- Hugs and Kisses goodbye!



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## After- School Check List



- Have an after school Snack!
- Complete all your Home work.
- Do your Reading time.
- Pack your school bag, and hang by the door.
- Lay out your school clothes for tomorrow!



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