

# CCRR Family Newsletter



## January 2024 Issue 10

### BUDGET FRIENDLY ACTIVITIES FOR FAMILIES

Parents Magazine turned to real parents to learn their favorite ways to keep their kids entertained during the colder months—without breaking the bank

Some examples of activities include: \* Volunteering \* Family Game Night \* Hiking

To read the full article and see additional activities please visit their website.

<https://www.parents.com/parenting/money/cheap-or-free-winter-activities-to-do-with-kids>



### HEALTHY RESOLUTIONS FOR CHILDREN



The start of a new year is a great time to help your children focus on forming good habits. Making New Year's resolutions can be a fun way to do this!

Some examples would be:

- Try new foods when able, especially all different colors of vegetables.
- Drink water every day and healthy beverages like milk with meals.
- Try to save time to read for fun.

To read the whole article for ideas from preschool to teenage ideas please visit:

<https://www.healthychildren.org/English/family-life/family-dynamics/Pages/Healthy-New-Years-Resolutions-for-Kids>

### TEACHING CHILDREN HEALTHY HABITS

When it comes to leading a healthy lifestyle, children often look to their parents and caregivers as an example.

Some examples would be:

- Demonstrating the importance of leading an active lifestyle
- Eating a balanced diet
- Practicing good personal hygiene habits

To read the entire article please visit:

<https://www.cchwyo.org/news/2021/july/tips-for-teaching-kids-healthy-habits>

