

CCRR Newsletter

October 2024 Issue 13

Fall Activities

Fall Bucket List

Fall is a favorite time of the year. The weather is starting to cool off and there are tons of great events going on around town!

- Visit a Free Museum
- Find the Perfect Pumpkin
- Take a Family Bike Ride
- Navigate a Corn Maze

To read the full article & see additional ideas, please visit the website:
<https://www.jacksonvillebeachmoms.com/jacksonville-fall-bucket-list/>

Fall Healthy Habits

- Practice Healthy Handwashing
- Enjoy Seasonal Fall Nutrition
- Play Fall Sports
- Participate in Fall Holiday Wellness Celebrations
- Refocus on Your Mental Health
- Foster Social Wellness



Reminders

- Read to your children at least 30 minutes per week at home
- Talk with your children about their school day
- Remember to limit your child's screen time. This includes TV & tablets

Upcoming Events

OCT

1

National Night Out - St. Johns

OCT

26

Wild Reading Safari -
Jacksonville Zoo

