

# CCRR Family Newsletter



## January 2025 Issue 14

### BUDGET FRIENDLY ACTIVITIES FOR FAMILIES

The New Year is here! That means we have a whole year of fun with our families ahead of us!  
You can have fun with these activities for kids to make it feel more like winter!

- \*Paper Plate Snowman
- \*Polar Bear Hot Chocolate
- \*No Bake Penguin Cookies

For more information check out the link below:

<https://thesimpleparent.com/january-activities-for-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.aspx>

### 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.pbs.org/parents/healthy-me>

