

The TN Child Care Resource & Referral Network employs 15 Family Engagement Quality Coaches who are located statewide. We provide referral, education and training services to parents, families, child care educators and communities.



Celebrating All Families

From September 15th-October 15th of every year, the United States celebrates Hispanic Heritage Month, a time to focus on the histories, cultures, and contributions of American citizens whose ancestors came from Spain, Mexico, the Caribbean and Central and South America. While there are so many things we can learn from Hispanic culture, the significance of la familia is especially inspiring. Relationships between



Barbara Rivera Art | barbarariveraart.com

immediate family, extended family, and kinship networks are highly valued. This circle of support--emotional and hands-on--helps buffer parents from stress so they can build stronger, healthier, happier relationships with their children. Hispanic families deepen their connections with community, family, and friends through a wide range of holidays, traditions, and other vibrant celebrations. Children are the center of family and are always an important part of these gatherings. Learning more about Hispanic culture can help us all understand the importance of social connections. Let us look to those within our household, our extended family, and our community to strengthen one another. Resilient parents raise resilient children, and resilience comes from having support and feeling valued. The Hispanic culture provides a wonderful example of building resilient children and families.

Parenting Tip - National Self-Care Awareness Month

Sometimes it can be hard to manage when you are feeling stressed. Remember that it is normal to feel stressed at times. Here are a few simple ways that you can ease these feelings:

- Prepare ahead of time when you can such as scheduling a grocery pick up or making lunches the night before school.
- Do something you enjoy and find relaxing like listening to music or taking a bath.
- Try and limit screen time for yourself as well as your children and head outside as the weather starts to cool.
- Physical activity, like a walk or playing in the yard with your children, will help release feel good hormones (endorphins) and can improve your mood!

September is National Self-Care Awareness Month—a great time to build these and other self-care habits!

Family Activity

Cooking with your child is a fun, educational, and delicious way to value your family's culture and other cultures. As you choose ingredients, measure, and mix, your child learns nutrition, language, math, science, and more. As you share stories, talk about



favorite foods, smell the aromas, and taste the flavors, you create special memories of home and family for your child. In celebration of Hispanic Heritage Month, try recipes from

Spanish-speaking and Latin American countries. Scan the QR code to watch a video about a family making Concha, a Mexican sweet bread. It is sure to get your children excited about cooking! Here are a few tips to keep the experience safe and fun for the whole family: wash hands before preparing food, expect spills and messes, give children quick and simple tasks, give directions one at a time and repeat as needed, and remember, young cooks need constant supervision. Visit cookingwithkids.org for free recipes, how to videos, and more.



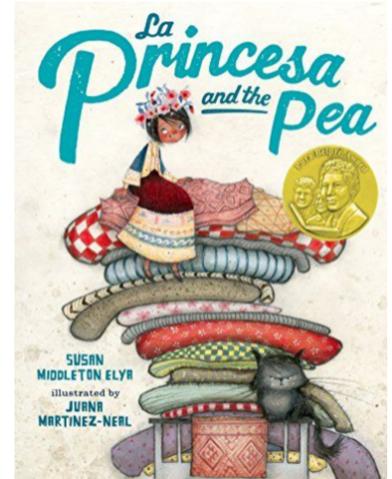
The Book Corner

La Princesa and the Pea by Susan Middleton Elya
Juana Martinez-Neal (Illustrator)

The Princess and the Pea gets a fresh twist in this charming bilingual retelling, winner of the Pura Belpré Award for illustration.

El príncipe knows this girl is the one for him, but, as usual, his mother doesn't agree. The queen has a secret test in mind to see if this girl is really a princesa, but the prince might just have a sneaky plan, too. . .

Readers will be enchanted by this Latino twist on the classic story and captivated by the vibrant art inspired by the culture of Peru.



To watch this book being read, visit: www.youtube.com/watch?V=DrVxlxv7gWo

Feeding & Nutrition Tips: 4 to 5-Year Olds

Children feel better when they eat well. During the preschool and kindergarten years, your child should be eating the same foods as the rest of the family.

6 Tips for Parents:

1. Offer a range of healthy foods. When children eat a variety of foods, they get a balance of the vitamins they need to grow.
2. Do not expect children to "clean their plates." Serve appropriate portion sizes, but do not expect your child to always eat everything served. Even better, let your children choose their own portion sizes.
3. Offer regular mealtimes and sit together. Serve foods at regular meal and snack times. Try to be careful to not offer foods between these eating times.
4. Limit processed food and sugary drinks. Another parent role is to limit how much processed food is in the house and to limit fast food. Most important is to limit sugary drinks.
5. Small portions for small children. It is important to pay attention to portion sizes. Four- and five-year-olds need smaller servings than adults.
6. Turn off the TV - especially at mealtimes. Television advertising can be a big challenge to your child's good nutrition. Four- and five-year-olds are easily influenced by ads for unhealthy foods like sugary cereals, fast food, and sweets.

CONTACT US

To reach an FEC Coach visit:

www.tnccrr.org

