

Families Matter

Summer 2021

WATER IS FUEL FOR YOUR BODY

- * Ever wonder why you need water? Like food, water acts as fuel in your body and helps your body function. To keep your body running smoothly, drink water throughout the day.
- * Children who eat healthy, drink enough water, and sleep well at night will have energy for all their activities.
- * *Water is an important nutrient for active people.
- * *Between 70-80% of a child's body is made up of water.
- * *Water is the #1 thirst quencher!
- * When you exercise or play hard, you sweat, and when you sweat, you LOSE Water and minerals. It is important to replace the water you lose when you sweat. Kids who are very active for longer than 60 minutes may need to replace water and minerals using sports drinks, like Gatorade® and PowerAde®, especially when it's hot and humid
- * Energy drinks are **NOT** sport drinks and should never be used to replace water during exercise. Most energy drinks, like Red Bull® and RockStar™, contain caffeine which causes the body to lose water and can cause anxiety, headaches, stomachaches and sleep problems.
- * Energy drinks contain HIGH amounts of sugar and calories. The extra sugar and calories may add to weight gain and tooth decay.

For more summer hydration tips, check out WebMD.

<https://www.webmd.com/children/video/summer-hydration-tips>

The Great Outdoors

Children are natural explorers and enjoy the many things nature has to offer. Set some boundaries and let your children explore, the learning will come. Children use their senses to explore, looking and listening to observe what is around them. They touch what they can reach, smell the fresh natural scents, and may taste when given permission. They use their whole selves to explore the places around them. For more on childhood exploration and ways you can support go to:

<https://www.naeyc.org/our-work/families/explore-great-outdoors>

STARPOINT

Enriching Lives Realizing Dreams

HOME VISITATION MISSION

The mission of Home Visitation is to communicate the importance of parent and child relationships through fun learning activities in order to set a strong foundation of success for families and the community.

WE VALUE



COMMUNICATION



HELPING OTHERS



COMMUNITY



FUN!



Families Matter

Summer 2021

**LIVE AND IN PERSON!!!
STEAM Fair 2021**



FOLLOW US

STARPOINT
Enriching Lives Realizing Dreams

**Starpoint Children's Services
4th Annual Early Childhood**

STEAM FAIR

SCIENCE TECH ENGINEERING ART MATHEMATICS



**Tuesday, August 3, 2021
4:30 to 6:30 p.m.**

**Starpoint Children's Services @ SPIN
1339 Elm Avenue, Cañon City**

FREE to all Families!

Playful, creative, and fun - STEAM learning is important for building young children's overall skills.

Come interact and enjoy while we explore the wonder of Science, Technology, Engineering, Art, & Math with our very young children.

For more information call 719.275.0550



First Steps Early Head Start



Family Resource Center Association



First Steps Parents As Teachers

JOIN Home Visitation NOW!!

**Early Head Start and
First Steps Parents as Teachers!**

For enrollment information
call Sherrie Walker at 719.275.0550 x218

**APPLY FOR
FOOD STAMPS
HERE**

**HUNGER
FREE COLORADO**

Need help with
local resources?
Give us a call.
719.275.0550

This Newsletter,
Family Center
Services
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Family Resource
Center Association



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