

Laguna Division of Early Childhood



June 2022

PO Box 798 Pueblo of Laguna, NM 87026

Phone: 505-552-6544

Fax: 505-552-7533



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Preschool

Graduation Virtual Ceremony

Laguna Classroom

June 23, 2022

10:00 o'clock am

Place (Zoom Link)- <http://us02web.zoom.us/j/81682027401>
pwd=NmdLZ0N1QmZQQTlyYTNoVFVV
[MXdWZz09](http://us02web.zoom.us/j/81682027401)

Meeting ID: 816 8202 7401

Passcode: Celebrate

CONGRATULATIONS

Mesita Classroom

June 23, 2022 11:00 o'clock

Place (Zoom Link) <http://us02web.zoom.us/j/88989096702>
pwd=YmF1NVV3cHN1aCsyRFhnY1ZMUnVzQT09

Meeting ID: 889 8909 6702

Passcode: MESITA

Early Head Start

Sunny Side Classroom

Andrea Lucario/ a.lucario@lagunaed.net

Lorisa Pacheco/ l.pacheco@lagunaed.net

Teachers: Andrea L. & Lorisa P



What we are learning:

Our Nutrition activity was on healthy drinks. For the activity we made a mango smoothie following a recipe. The children enjoyed helping to put the ingredients in a blender and tasting it.

We also planted vegetables in flower pots: corn, beans, squash, pumpkin, parsley, tomatoes. The children enjoyed scooping and pouring the soil in the pots. Used their pincer grasp to get the seeds and put in the pot. Two plants were planted outside the classroom. They enjoyed watering the plants indoors and outdoors.

The children have a lot more words they are saying and repeating. They are making two-word sentences and are clearly understood when speaking.

Sunnyside News!

For the next month, we will be focusing on water, we will be **exploring what we can do with water, whether it's playing, watering plants, drinking...etc.**

We are focusing on outdoor safety: playing in the shade to keep cool, wearing hats, drinking plenty of water outdoors, and being aware of the hot equipment on the playground.

We will continue to focus on language, by repeating simple words, using sign language through books and songs. Use the Keres language at the table to name food, colors, numbers, animals, and objects.

Upcoming Events /Reminders

- * June 17th @ 10am Fishing Day with Dad/ Grandpa/ Uncle/ Brother
- * June 20th @ 10am EHS picnic/ water play
- * June 22-23 End of year transition activities

Parent Tips

Be sun smart

- * Keep SPF Sunblock on hand
- * Be mindful of shade

Have a daily Hydration strategy

- * Have cold water on hand

Use bug spray

Be diligent about car seat safety



Birthday Celebrations

Celebrating a fellow friend (R.P) **who's turning 2 on June 18th.**

We would like to thank the parents for a wonderful school year. For attending in-person learning and virtually.

We have learned so much this year: walking, saying words, problem solving, using utensils, and interacting with peers-accomplishing many milestones.

At-Home Activities

- * Water play
(water, buckets, toys, cups, sponges...etc.)
- * Bubble worms
(water, soap, water bottle. Food coloring, wash cloth)
- * Chalk play
(chalk, paper or use outside side walk






What we are learning:	Chinatown News!
<p>This month's theme is "Water." Please pack extra clothes as we will be having outdoor learning experiences that involve water, cups, brushes, and shallow tubs. Be sure to label extra clothes!</p>	<p>Our babies are talking! Yes, we have heard "bubble, ball, dad, mama, more, stop, nana, let's go, up, and help!" It is so exciting to see and hear interactions with giggles and laughs. Parents, please take advantage of this time with your child—read to them, interact with using the sounds that animals make—the time you have with them is precious!</p>

Events & Reminders

17—Fishing Day	19—Father's Day
20-21—EHS Picnic/Water Play	22-23—EOY Transition Activities

Parent Tip	Celebrations	At-Home Activities
<p>All behavior has meaning and is a form of communication.</p> <p>There are developmental reasons why children exhibit behavior that can challenge us.</p> <p>Pause and reflect when children act in a way that challenges you instead of reacting.</p> <p>https://eclkc.ohs.acf.hhs.gov/publication/infant-toddler-behaviors-can-challenge-adults</p>	 <p style="color: red; font-size: 1.2em;">A. a 6/9</p> <p style="color: purple; font-size: 1.2em;">&</p> <p style="color: blue; font-size: 1.2em;">J Mg 6/19</p>	<p>Teachers will continue to send home the Creative Curriculum Learning Activities that are age appropriate for your child.</p>

Turquoise Springs

Teacher Bee & Teacher Nessa



**Contact Information –Phone /Email etc. (505) 552– 6544 ext. 5202
b.saiz@lagunaed.net/v.deutsawe@lagunaed.net**

What we are learning:

Turquoise Springs News!

This month children will be learning:

- * About Water Play/Picnics
- * Children will learn about wild tea
- * Screen time safety
- * About summer fruits
- * Safety in the sun/water



Accomplishments for the school year of 2021/2022:

- ◆ Potty training
- ◆ New vocabulary words in English and Keres
- ◆ Colors/Counting 1-5 in English and Keres
- ◆ Self-help skills
- ◆ **Learning ABC's and the first letter in our name.**
- ◆ Building relationships

Upcoming Events/Reminders



June 10 Summer fruits and vegetables

June 17 Fishing day

June 20-21 EHS picnic/water play

June 22-23 End of the year Transitions



Parent Tip

Birthday/Celebrations

At home Activities

- Water/Sun safety– drink plenty of water
- Have child on a daily schedule
- Choose healthy foods to eat
- Exercise daily - dancing, jumping running, walking.
- Limit screen time for children
- Spend family time together
- Model for your child

Celebrations of Transitioning to preschool:
Six of our students will be transitioning to preschool
Happy Birthday to A.S On July 13th
Happy Birthday to D. P.J on the July 12th
Thank you Parents for your support and encouragement. We wish you well.

- Read books and have conversations about the book
- Family dining– have conversations with family at meal time
- Explore outside– Wear hat, sun block and drink plenty of water
- Self-help skills– use feeding utensils, wash hands, brush teeth, go to the potty, use open cups

Pre-School Head Start

Seama Room- Zee'yama Guy'yah

Teachers: Faye Peacock & Angel Day

(505) 552-6544 ext. 5112

Teachers Contact: *Faye Peacock: Cell # 239-4385 Email: l.peacock@lagunaed.net*

Angel Day: Cell # 505-337-9080, Email: a.day@lagunaed.net

What we are learning:

Seama Classroom News

In the month of June we will be exploring and learning about Water (Ziits). We will introduce children to the idea that we use water every day and that we need it to live. Ask the children for ideas about when we use water (to drink, to cook, to wash ourselves, and clothes and to brush our teeth etc.) The children will learn about different types of weather including rain, rain is water.

The children will investigate water forces that act on materials by seeing whether they float or sink (Children can be encouraged to guess first)

In May we learned about Pets how to take care of animal how to feed them how animals need our love and attention. Seama Room went to visit the Albuquerque Zoo Park, our children were very excited to see all of different types of animals, they saw Gorilla's, Giraffes, Elephants, Penguin's and reptiles.



Upcoming Events/Reminders



6/17@ 10 am Fishing Day with Dads/Grandpas/Uncle/Brothers

6/17 Nutrition Activity Fruit pops.

6/24 Water play for Seama Classroom.

6/24-Last Day of School



Parent Tip

Birthdays

At home Activities

TIP OF THE DAY:

When frustration arises, encourage your child to take a breath and use the statement "I am doing my best"



J. G. Jr.6/22

A.L. 6/30

- Parents have your child count objects around the house or number recognition.
- Parents play a game with your child "I Spy". Also use the colors for I Spy.
- Encourage your child to do their best.
- Have your child practice writing their names and other words they are curious about.
- Let your child chose a chore for the day.

Encinal Classroom

Teachers Candice Lucero & Madalynne Francis

Contact Information:

(505) 552-6544 ext. 5110

c.lucero@lagunaed.net/ m.francis@lagunaed.net

What we are learning:

Greetings Families, we hope you are all doing well. We have officially made it to the end of the school year!!! Give yourselves a pat on the back parents! For our last month of school this June we will be exploring the topic of 'WATER'. Encinal classroom will be learning and discussing where water comes from. How we get water to our homes. Why water is important, and of course lots of water play! We want to remind you to please dress your child in weather appropriate clothing it is getting hotter as the days go by. Thank You!

Encinal Classroom News!

The last week of school Encinal Classroom will be having a "Spirit Week"

Monday- Red, White, & Blue Day! Dress in Red, white, or blue

Tuesday- Wear your favorite hat & sunglasses

Wednesday- Neon Day (dress in neon colors or light colors that will glow)

Thursday- Water Play Day (dress in clothes you can get wet in & bring extra pair of clothes)

Friday- Movie & Pajama Day (wear your pajamas)



Upcoming Events/Reminders



June 17- Father's Day Event (TBA)

June 24- LAST DAY OF SCHOOL!!!!



Parent Tip

Make fun memories' with your children this summer! :)



Celebrations

Happy Birthday to our friend S. G. !!!

Last Day of School- June 24, 2022

Yay give your child a great big high-five they made it!!!! We will see you all Next School Year! Have a wonderful safe Summer!



At home Activities

Water Play!!






Paguate Classroom

Teacher Juana-j.natseway@lagunaed.net

Teacher Annabelle-a.garcia@lagunaed.net

Phone: 505-552-6544 ext. 5109

What we are learning:	Paguate Room News!
<p><i>This month's topic, the children will be exploring and learning about "water". The children will engage in hands on explorations to learn the different ways we use water, how water changes, and how water helps people and the environment. The children will investigate each question and consider how we can connect the concepts to the community and incorporate things that are unique to our school, our peers, and families.</i></p> <div style="display: flex; justify-content: space-around;">   </div>	<p>The children take turns teaching their peers the classroom rules, numbers (1-20), colors, clans, and theme in both English and Keres with limited help.</p> <p style="text-align: center;">~ ~ ~</p> <p><i>Thank you parents for letting me have your child for this school year. It was an awesome school year and I enjoyed every minute with them. I appreciate each and every one of you for everything you did for your child to help them grow in all the developmental areas.</i></p> <p style="text-align: right;">  </p>

Upcoming Events/Reminders

June 10—Summer fruits & Vegetables (Nutrition Activity)

June 17—Fishing Day with Dad/Grandpa/Uncle/Brother

June 25—Last Day of School



Parent Tip	Birthday/Celebrations	At home Activities
<p>Summer Safety:</p> <ul style="list-style-type: none"> • Seek shade when necessary, wear a hat, and sunglasses. • Use sunscreen SPF 15 on your child's exposed areas (neck, ears, face, etc.) • Keep everyone hydrated. • Use mosquito repellent when outdoors. • Check car seat before placing your child in seat (seat may be 	<p style="text-align: center;">  </p> <p style="text-align: center;">  </p>	<ul style="list-style-type: none"> ♦ Continue reading to your child for at least 15 minutes a day. ♦ Paint with bubbles on sidewalk. ♦ Continue naming letters in your child's name ♦ Continue having your child say the morning prayer in the morning. ♦ Water play with funnels, cups, strainers, spoons, etc.



Haadzaatya (Mesita) Room

Teacher Marissa & Teacher Kailyn

Teacher Marissa - m.analla@lagunaed.net Teacher Kailyn - kailyn.aragon@lagunaed.net (505)552-6544 ext.5107

What we are learning:

During the month of May, children learned the difference between a wild and domesticated animals.

Children had the opportunity to use a Venn Diagram to discuss why some animals can be pets and some can't be pets.

Children had the opportunity to tally results based on the other children's likes, what they wore that certain day (color, brand, design, etc.).

Teachers continue to encourage children to have conversations amongst themselves. Children talk about what they did the night before, what they had for dinner at home, and what they did with their family.

Children have helped each other solve problems during a challenge.

Mesita News!!

To our friends in Mesita Room, we (Teacher Marissa and Teacher Kailyn) are so proud of you all for all of your milestones you have reached, exceeded and are still working towards. We cannot believe how time flew by so quickly. It still feels like we barely started and now the time has come that you will be moving up to Kindergarten.

To our families, thank you for sending your child to school and entrusting us to keep them safe and healthy especially during these challenging times. Being with your children was a fun experience to have them come and build those positive relationship with us. Thank you for continuing to keep going on their education journey.

Upcoming Events/Reminders



June 17- Fishing Day with Dad, Grandpa, Uncle *TBD*
 June 23- MESITA ROOM TRANSITION CEREMONY/ACTIVITIES
 June 24- Last Day of School
 HAVE A FUN, SAFE SUMMER!!!!



Parent Tip

- *During the summer break, continue to read with children for 15 minutes daily.*
- *Have children engage in outdoor activities, (running, going for a walk, water play, etc.).*
- *Keep hydrated by drinking plenty of water and wear plenty of sunscreen when outdoors.*

Celebrations

CONGRATULATIONS TO ALL OF OUR FRIENDS WHO WILL BE MOVING TO KINDERGARTEN NEXT YEAR. HAVE FUN, LEARN MORE AND WE WISH YOU WELL!!!

At-Home Activities

- ◆ Have children keep practicing Alphabet & Number recognition/naming, and shape recognition.
- ◆ Encourage children to continue writing their first and last name along with the date.
- ◆ Have children continue practice saying words and phrases in **Dosh'ee'yah**.

(Ka'waika) Laguna Classroom

Teachers: Ms. Yvonne and Ms. Deutsawe

y.francis@lagunaed.net and c.deutsawe@lagunaed.net

(505)552-6544 x 5108

What we are learning:

Laguna Classroom News!

Wow!! June is already here, Laguna Classroom will be studying and learning about the environment where we live, learning about Wild Tea and Cedar in our community and the uses for them, we will also learn about summer fruits and vegetables.



YAH!! the time is here to say HOORAY!! We made it through our final year at Preschool and we are headed to Kindergarten!!

Laguna Classroom teachers would like to Thank You Parents for your support through this school year! Staying strong through this pandemic, getting your children to school every day, and keeping our classroom safe by keeping your children home when they were not feeling well this kept our classroom COVID free, and testing every other week we know was rough but the kids were real troopers!

Thank You, We Appreciate you!!

Upcoming Events/Reminders



June 23th - Graduation Ceremony at 10:00 am

June 19th—Father's Day

June 24th - Last day of School



Parent Tip

Birthday/Celebrations

At home Activities

Summertime is upon us! Please talk to children about the safety of swimming pools, insects, and crawling things on the ground.

And how to care for themselves in the heat, plenty of water and exercise!

Parents don't forget to take care of yourself, walks, laughter, and relaxation!!

Laguna Classroom Class of 2022

Graduation Ceremony!!

On June 23rd at 10:00 am.



Take a walk with your child, ask them questions; What do you see? What do you smell? Sing their favorite song!

Have a picnic outside! Read a Book outside!

And.... Have an Awesome Summer. Stay Safe, and Be Careful!!!



Family service providers



June 2022

Contact Information

Division of Early Childhood

(505) 552-6544

EMAIL:

k.herrera@laqunaed.net

t.touchin@laqunaed.net

Parent Committee Meeting

Let's plan next PY activities!

Topic: Planning for PY 22/23

Date: June 08, 2022

Time: 10:00 am

Zoom Information:

Join Zoom Meeting:

[https://us02web.zoom.us/
j/89326602398?](https://us02web.zoom.us/j/89326602398?pwd=ZTVLN DVpMIFCMWdhT3NDenBpcFF5UT09)

pwd=ZTVLN DVpMIFCMWdhT3
NDenBpcFF5UT09

Meeting ID: 893 2660 2398

Passcode: 362001

Community Partner Services:

Laguna Behavioral Health: Children & Family Services

(Services by Appointment ONLY)

Office: (505) 552 -6513 Mental Health Helpline: 552-5660

- Family Education
- Individual Counseling w/ Play Therapy
- Parenting classes
- Assessment Intakes
- Case Management
- Crisis response for families & children needs

Laguna Benefit Office: 552-5674

Education with enrollment for all services

- Health Insurance Enrollment (Medicaid, Medicare, VA, Private Insurance)
- State Benefits (SNAP, TANF, General Assistance, Medicare Savings plan)
- USDA Foods: Commodities
- Utility Assistance: Enrollment Process
- Social Security Benefits: Early Retirement, SSI, SSD, Survivors
- Veterans Services: Compensations, Pensions, HealthCare, Burial



**Applications for PY 2022-2023 are available on the
LDOE website!**



Special Education Coordinator

Margaret Mascarenaz

Information:

Tips

Early Childhood Special Education Services– What Are They?

The Individual with Disabilities Education Act (IDEA) is a federal law. There is Part C for infants and toddlers –birth to age 3 and Part B of IDEA is special education services for children ages 3 to age 5. Programs are required to establish procedures for promoting referrals by a primary referral source like a pediatrician, parents or early childhood staff of infants, toddlers and preschoolers with identified disabilities or developmental delays. These early childhood special education services are for young children who need specially designed instruction or related services. Every effort is made to ensure that children with any kind of disability learn along side their peers in their individual classrooms-inclusion. For more information or if families have a concern or questions you may call Division of Early Childhood Special Education Coordinator at the number listed below.

Learning Highlight for Month of June

As DEC winds down the 2021-2022 program year, we realize children will be home for a number of weeks before they return to for Program Year 2022-2023 in July. How do families keep children learning and developing while at home? **PLAY** is the answer! And don't forget **YOU** are still your child's most important playmate and **YOU** are their favorite toy!

Fine motor skills refers to controlling the small movements of muscles in hands and fingers that everyone uses to do everyday tasks. It is important for young children to develop strong fine motor skills so they can have a solid foundation as they grow-up to be able to do everyday activities.

PLAY promotes healthy development and critical thinking skills in children. It reinforces memory, helps children understand cause and effect, helps with emotional and behavioral skills, increases language and literacy skills, encourages greater independence and of course promotes physical fitness.

PLAY ACTIVITIES/TOY ideas that are appropriate for age levels.

Infants– Floor play, tummy time, rolling balls, music/singing/dancing with infants, grasping toys. Simple water play. Play Peek-a-Boo. Use lots of language when playing with baby.

Young toddlers: 12-24 mos.-At this stage, play experiences and interactions help toddlers figure out how the world around them works. Toddlers are learning to walk, run, climb, use stairs, throw a ball. This means they need lots of active play. Balls of different sizes to roll, push toys/boxes. Use lots of language. Ask questions and give answers using simple phrases.

Older toddlers: 24-36mos.-Use language consistently, read stories together, ask your child to do actions on the page, i.e. hopping like a frog, etc. Sing/act out songs, finger plays. Toddlers can now follow two-step requests such as "Please get your hat and put it on"-give two step requests. Use washable crayons/markers/chalk to scribble. Enjoy pretend play: shopping, etc

Preschoolers- Play is the "work" of children. Kids need time, space and freedom to explore ideas that interest them. No matter what it looks like, when children play they LEARN. Use lots of back and forth language exchanges. Have fun learning.



Contact Info

Margaret Mascarenaz

505-552-6544 Ext.. 5602

mmascarenaz@lagunaed.net

Important Dates

Greetings Parents and Families,
I hope this finds you all doing well and staying safe.

As you know, Governor Kowemy has signed and released Executive Order #7. Our LDoE administration, in efforts to keep our children safe, have continued with the following:

1. LDoE employees and students will continue to wear masks until further notice.
*This will remain in effect for parents/family members when bringing your children to the bus and while dropping off or picking up your children at the center. Please continue to talk with your children on the proper way to wear a face mask and the importance of wearing it at all times except when eating or drinking.

2. LDoE employees and students will continue to be tested every two weeks until further notice.

*Please ensure you register your child and send the confirmation codes back by the deadlines. Testing dates for DEC are as follows:

June 8th 8:00 am – 10:00 am

June 22nd 8:00 am – 10:00 am

Should your child miss school on these dates, you will need to take them to the Mesita pod to have them tested within these two weeks we are testing. If you have already registered them, the code is still valid and may be used at the pod.

Many, many thanks to all the parents and families for doing your part to keep our children and program free of Covid-19 and its variants. Your continued efforts are greatly appreciated. May you all be blessed with good health and long life in return.

Iris Gallegos, Program Assistant/DEC Covid-19 Records Keeper
Laguna Division of Early Childhood
P.O. Box 798
Laguna, NM 87026
505-552-6544 ext. 5100
i.gallegos@lagunaed.net

Thank You!!

A huge "THANK YOU" goes out to Laguna Law Enforcement for keeping state road 124 safer for our bus routes while construction is in progress. Stay safe out there!!!

Parent Committee Meeting



Parent suggested activities for next PY!

Date: June 08, 2022

Time: 10:00am

Zoom Information:

<https://us02web.zoom.us/j/89326602398?pwd=ZTVLNDVpMIFCMWdhT3NDenBpcFF5UT09>

Meeting ID: 893 2660 2398

Passcode: 362001



GOOD BEVERAGES FOR KIDS



What your child drinks is just as important as what they eat. Kids should be offered water and other hydrating foods and beverages throughout the day, particularly in the summer when more liquids are needed to stay hydrated. By the time children are thirsty, they're already at least 3 percent dehydrated.

Water is one of the body's most essential nutrients. Water is a cooling mechanism, it transports fluids and nutrients, helps digestion, helps with cognitive function, and helps to maintain a healthy weight. People may survive 6 weeks without any food but couldn't live more than a week or so without water.

Be Careful....

Because juice is convenient, it's easy to drink too much of it. Here's why drinking juice can be a problem:

- Juice has calories. Too much may give your child more calories than they need. That may result in your child being overweight.
- If juice replaces milk, your child may not get enough bone building calcium.
 - Sipping a lot of juice can contribute to cavities and diarrhea can be a problem also.

Good Beverage Choices

Water
Milk
Nutritional Drinks
100% Juice (limit amount)
Fresh or Vegetable Infused Water

Beverages to Avoid

Soda
Energy Drinks
Fruit Juice
Sugary Drinks (Punch, Kool-Aid, etc.)
Sports Drinks
Caffeinated Drinks

FLUID NEEDS:

1-3 years for girls and boys: 4 cups per day
4-8 years for girls and boys: 7 cups per day
9-13 years for girls: 9 cups per day
9-13 years for boys: 10 cups per day
14-18 years for girls: 10 cups per day
14-18 years for boys: 14 cups per day

Water is not needed for infants under 6 months of age, and babies under 1 year can stay hydrated with breast milk or formula.

Make sure kids drink 30 minutes or so before an activity, and every 20 minutes during the activity, especially during the summer months. When a child is dehydrated, some signs could be decreased or dark urine, dizziness and lethargy

In treating dehydration, the goal is to replace fluids to get the body fluid levels back to normal. Refer to the good beverage selections on the first page. Rehydrate until the signs of dehydration have diminished. The best indicator is the urine color. Urine should be light color and almost translucent in appearance.

100% juice is an easy way to enjoy fruit, but the amount of juice should be limited. 100% juice provides Vitamin C, Vitamin A, carbohydrates and water.

✓ Vitamin C helps heal cuts and bruises, fight infections, and helps with the absorption of iron.

How Much Juice is Healthy?

❖ $\frac{1}{2}$ to $\frac{3}{4}$ cup of juice a day for a child 1-6 years old

❖ Add water to juice to dilute the juice and encourage more fluid intake

Signs of Dehydration

- Dry or sticky mouth
- Few or no tears when crying
- Dark yellow urine
- Lack of urine for 12 hours in an older child or only a very small amount of dark yellow urine
- Lack of urine or wet diapers for an infant for 6 to 8 hours or only a very small amount of dark urine
- Soft spot (fontanelle) on top of baby's head that looks sunken
 - Dry, cool skin
- Eyes that look sunken into the head
- Fatigue or dizziness in an older child

✓ Vitamin A is in some juices and is involved in the formation and maintenance of healthy skin, hair, and mucous membranes. Vitamin A helps us to see in dim light and is necessary for proper bone growth and tooth development.

✓ Carbohydrates are used as energy in our body. They provide us the energy to complete our day to day tasks.



Important Vitamins and Minerals for Children

A well-balanced diet should provide the vitamins and minerals necessary to support a child's growth and development to include:

- ✓ Plenty of fresh fruits and leafy, green vegetables
- ✓ Protein like chicken, fish, meat, and eggs
- ✓ Whole grains like steel-cut oats and brown rice
- ✓ Milk and dairy products like cheese and yogurt



Look to fresh foods for the best vitamins. The most high-vitamin foods of all are fresh fruits and vegetables. To give kids more vitamins, aim for more variety -- not simply more food.

- **Vitamin A** promotes normal growth and development, tissue and bone repair, and healthy skin, eyes, and immune responses. Good sources include milk, cheese, eggs, and yellow-to-orange vegetables like carrots, yams, and squash.
- **B Vitamins** -- B2, B3, B6, and B12 -- aid metabolism, energy production by helping the body to release energy from food, and healthy circulatory and nervous systems and healthy skin and eyes. Good sources include meat, chicken, fish, nuts, eggs, milk, cheese, beans, whole grains and soybeans.
- **Vitamin C** promotes healthy muscles, immune system, and skin. Good sources include citrus fruit, strawberries, kiwi, tomatoes, bell peppers and green vegetables like broccoli.
- **Vitamin D** promotes bone and tooth formation and helps the body absorb calcium. Good sources include milk and fatty fish like salmon and mackerel, fortified plant milks such as almond milk and soy milk, fortified breakfast cereals, fruit juices and margarines. The best source of vitamin D is sunlight.
- **Calcium** helps build strong bones as a child grows. Good sources include milk, cheese, yogurt, tofu, leafy green vegetables, and calcium-fortified orange juice and breakfast cereals.
- **Iron** builds muscle and is essential to healthy red blood cells. Iron helps red blood cells to transport oxygen throughout the body. Good sources include beef and other red meats, turkey, pork. Plants and fortified food products contain iron for example: iron-fortified infant cereals, leafy green vegetables, beans, lentils and tofu. A person can aid their absorption of iron by pairing it with foods that are rich in vitamin C.



Megavitamins -- large doses of vitamins -- aren't a good idea for children. The fat-soluble vitamins (vitamins A, D, E, and K) can be toxic if kids get too much of them. The same thing happens with iron. Your kids *can* get too much of a good thing.

Children who have a limited diets and those who are less able to absorb or make certain nutrients may require nutritional supplements. If in doubt, parents and caregivers can talk to a doctor or dietitian for further advice about suitable supplements.