

Sunday, July 7, 2019

Read to him Everyday.

TRIPLE HIS CHANCES
OF GRADUATING
FROM HIGH SCHOOL



United Way
SUCCESS BY 6
Parent
resource guide

An Advertising Product of  Ledger Media Group

Look inside to find out how to win a **\$100** Gift Certificate to **Publix.**

What is Success By 6?

Helping all children succeed for life—Success By 6 is dedicated to creating a community where all children, by the age of 6, have the mental, physical, social, and emotional foundation needed to grow into healthy, productive members of the community. Success By 6 is a community-wide children's initiative, founded in 1995 by Carol Jenkins Barnett of Publix Super Markets Charities and spearheaded by United Way of Central Florida, which brings together resources from a partnership of private businesses, government, religious groups, educators, and health and human service organizations. Success By 6 is an initiative to make early childhood development a top priority in Polk, Hardee and Highlands counties.

How can you help?

Everyday life is a learning experience for children! **Born Learning** is a public engagement campaign that helps parents, grandparents and caregivers explore ways to turn everyday moments into fun learning opportunities. Share materials with parents; post information on your website or newsletters.

Imagination Library provides at risk children with a free, new book every month through their fifth birthday for less than \$2.50 a book! Join our local sponsors, Friends of the Bartow Library, Bartow Rotary and Florida's Natural Growers Foundation and help clear our waiting list.

Master Teachers

Three master teachers provide supervised internships in childcare centers and family childcare homes. Sponsor a curriculum!

Parent Lending Libraries

Through the generosity of grants and sponsorships, libraries are being placed at childcare centers to allow parents to conveniently borrow books to read with their child every day. We have a waiting list of centers eager to join in the program.

Parent Resource Guide

This PRG you are holding appears in The Ledger in March, July and November, reaching over 195,000 homes. Success By 6 is given space for space based on advertisements sold. Call 863-802-7412 to advertise.

Family Fundamentals is a collaboration of organizations committed to strengthening families and our community by increasing access and awareness to resources and services. This parent resource center is a warm, welcoming place where anyone can come to access information, children's classes and support services. Thirty-two agencies offer services on site to provide a one-stop opportunity for parents. The center is located at 109 N. Kentucky Avenue in downtown Lakeland, above Explorations Children's Museum.

For more information
please call Jodi at 863-648-1500 ext.265
or jodi.miller@uwcf.org



WE HAVE MOVED! COME SEE US DOWNTOWN AT OUR NEW LOCATION!

**family
fundamentals**
a SUCCESS BY 6® resource center

109 N. Kentucky Ave. 3rd floor
Lakeland, FL 33801

863-686-1221 ext. 221

FREE DAILY CHILDREN ACTIVITIES

Classes resume Tuesday, September 3rd. Follow us on Facebook: Success By 6/Family Fundamentals

Monday

Marvelous Mondays

Ages 3-5
9:30-11:15 am

Tuesday

Terrific Tuesdays

Ages 3-5
9:30-11:15 am

Wednesday

Great Beginnings

Age 0-12 mo.
9:00-9:45 am

Once Upon a Time

Age 1
10:00-10:45 am

Twogether Time

Age 2
11:00-11:45

Wonderful

Wednesdays

Ages 3-5
9:30-11:15 am

Thursday

Thrilling Thursdays

Ages 3-5
9:30-11:15 am

Friday

Move it, Move It Fridays

Age 3-5
9:30-10:30 am

Let's Move Together

Ages 2
10:45-11:15 am

OTHER ACTIVITIES

Please call for dates, times and possible fees.

FDLRS/Child Find

863-647-4258
Developmental Screenings,
Birth to 36 mos.
Autism Support Group

Girl Scouts of West Central Florida

813-325-1630
Troop Meetings

Healthy Families Polk

863-534-5344
Parenting Classes

Early Steps

1-866-549-1740
Therapy

Personal Finance Center of Polk

863-425-1523
Financial Literacy Classes

Women's Resource Center

863-875-8379
Mental Health Counseling

863-294-5318
Self-Sufficiency

Good attendance contributes to students doing well in school and eventually in the workplace. The early school years are essential for laying a foundation for strong attendance and academic success in future years.



Thank you Bartow Rotary for your continued support of the Imagination Library!

ABOUT THIS SECTION

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Advertorial/Photos:
Provided by Success By 6

Advertising:
Ledger Media Group



This section is an advertising product of Ledger Media Group. For more information call Jay Landingham at 863-802-7438.

explore more



Explorations V
Children's Museum

From oranges to outer space, come see what's new!

(863) 687-3869
Monday - Saturday
9am - 5:30pm
ExplorationsV.com

PARTNER SPOTLIGHT

Florida's Early Steps System

Each child grows at an individual pace, but research shows that a child's first three years are the most important time for learning. Getting help early puts your child on the right path to learn and develop at their full potential.

Early Steps is Florida's early intervention system that offers services to eligible infants and toddlers (birth to thirty-six months) with significant delays or a condition likely to result in a developmental delay. Early Intervention is provided to support families and caregivers in developing the competence and confidence to help their child learn and develop. Babies and toddlers grow and develop at their own pace, but there are certain activities your child should be able to do once they are a specific age. If you have concerns about your child, please check with your doctor and contact your local Early Steps office. For more information or to make a referral to Early Steps, please call 1-866-549-1740.

Sun Safety

Ignoring sun safety now when kids are young can lead to wrinkles, skin cancers and vision problems later in life. By including sun safety into your daily routines it will become a no brainer! Apply sunscreen right after brushing teeth each morning, to make it a daily habit for the whole family. The Skin Cancer Foundation recommends everyone over 6 months old wear UV protection sunglasses. Children under the age of 10 are at high risk for ocular changes resulting from UV ray damage and eyelids and skin around their eyes is very vulnerable. Also, cover up with hats. They not only provide shade over your face, but also protect your eyes. Let the kids pick the glasses and hats out and they will be more likely to voluntarily put them on. Always remember, parents are role models. Kids are much more apt to keep those sunglasses and hats on if mom does!



Easy to make (and so very cool) SENSORY BOTTLES

1. One clean empty clear plastic bottle
2. Fill with $\frac{3}{4}$ water. Add baby oil or white glue
3. Add glitter, colorful pebbles, food coloring, shells, plastic what-nots and/or pom poms. Be creative!
4. Use hot glue or other very strong glue to seal the cap on
5. Shake and be mesmerized. Also great for calming down a toddler having a meltdown!



Snuggling up with the kids for a bedtime story is worth a million in so many ways. A recent Ohio State University study found that reading five books a day to your children exposes them to about 1.4 million more words by kindergarten than those children who did not have books read to them.

Build a world with books!

Here are a few **simple things you can do** to start building a world with books for your child.

Keep age-appropriate books around your home where your child can reach them.

Create special reading routines around your child's naptime, bedtime and other daily activities.

Visit the library or bookstore often with your child.

Bring books along for your child to look at while you are out and about.

The more often you read with your child, the more successful he will be in reading, in school and in life.

For additional ideas and **free downloadable materials** to help you enhance your child's early learning, visit us online at www.bornlearning.org.

bornlearning.org[™]

Children are born learning.
Together, we shape their learning.[™]



McCormick Tribune Foundation
United Way Success By 6

Born Learning[™] is a public engagement campaign helping parents, caregivers and communities create early learning opportunities for young children. Designed to support you in your critical role as a child's first teacher, Born Learning educational materials are made available through the efforts of United Way, United Way Success By 6 and Civitas. For more information, visit us online at www.bornlearning.org. Civitas thanks Parents as Teachers, an international early childhood parent education and family support program, for their ongoing support.



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RESOURCES FOR PARENTS

For additional resources and referrals
please dial 2-1-1 or 863-648-1515.

ADDICTIONS

Florida Council on Compulsive Gambling
gamblinghelp.org
1-888-ADMIT-IT 888-236-4848
Heartland Intergroup (AI-Anon)
heartlandintergroup.org
863-688-0211
Narcotics Anonymous
NafIheartland.org
863-683-0630

Peace River Center
peacrivercenter.org
863-248-3311

Tri-County Human Services
tchsonline.org
863-701-7373 (Lakeland)
863-773-2226 (Wauchula)
Wilson House
wilsonhouSERECOVERY.org
863-859-7503

ADOPTIONS

Catholic Charities of Central Florida
cfcc.org
863-686-7153
Florida Baptist Children's Homes
fbchomes.org
863-688-4981
Heartland for Children
heartlandforchildren.org
863-519-8900

A Safe Haven for Newborns
asafehavenfornewborns.com
877-767-2229

BEREAVEMENT COUNSELING

Good Shepherd Hospice
chaptershealth.org
863-968-1707, TOLL FREE: 1-800-464-3994

BREAST FEEDING SUPPORT

FL Dept. of Health in Hardee-WIC Program
hardee.floridahealth.gov
863-773-4161

FL Dept. of Health in Polk-WIC Program
polk.floridahealth.gov
863-519-7542

Healthy Start Coalition
healthystarthhp.org
Auburndale 863-965-5400
Bartow 863-519-7900

Haines City 863-421-3204
Lake Wales 863-678-4144
Lakeland 863-413-2620

Heart of Florida Medical Center
heartofflorida.com
863-419-BABY

La Leche League of Lakeland
lllLakeland.org
863-581-6959

Winter Haven Women's Hospital
Breast Feeding Helpline
863-294-7068

CHILD ABUSE PREVENTION

Florida Abuse Hotline
myflfamilies.com
800-96-ABUSE (962-2873)
Heartland for Children
heartlandforchildren.org
863-519-8900

A Safe Haven For Newborns
asafehavenfornewborns.com
877-767-2229

CHILDBIRTH EDUCATION

Heart of Florida Regional Medical Center
heartofflorida.com
863-419-2229

Lakeland Regional Health
mylrh.org
863-687-1100

Winter Haven Women's Hospital
Baycare.org
863-294-7010

CHILD CARE RESOURCE AND REFERRAL

Early Learning Coalition of the Heartland
Hardee and Highlands counties
ElcfloRIDASheartland.org
863-314-9213

Early Learning Coalition of Polk
elcpolk.org
Lakeland 863-577-2450

Winter Haven 863-508-2037
800-843-9780

CHILD RECREATION

Boy Scouts of America, Gulf Ridge Council
tampabayscouting.org
813-872-2691

Boys and Girls Clubs
Citrus Center Boys & Girls Club
ccbgc.com

Haines City 863-422-7014
Lake Wales 863-679-8582
Winter Haven 863-967-1532

Lakeland and Mulberry
bgclakeland.com

Carl G. Schowe Club/Crystal Lake Elem.
863-665-3864

James J. Musso Club/Lakeland
863-686-3371

Wogan S. Badcock Jr. Ctr/Mulberry
863-425-0130

John L. Sanders Club/Rochelle
863-686-0721

Camp Fire USA
campfire.org
863-688-5491

Girls Inc.
girlsinC.org
Bartow 863-533-5000

Lakeland 863-682-3002
Winter Haven 863-967-2874

Girl Scouts of West Central Florida
gswcf.org
800-881-4475

Hardee County YMCA
sarasotaymca.org/hardee
863-773-6445

Kelly Recreation Center
863-834-3284

Lakeland Family YMCA
ymcawcf.org
863-644-3528

Lake Wales Family YMCA
lakewalesymca.org
863-676-9441

North Lakeland YMCA
ymcawcf.org
863-859-7769

COUNSELING & MENTAL HEALTH

If you feel you are in crisis, call the Peace River 24-hour
Crisis Line

863-519-3744 or 800-627-5906
BayCare Behavioral
baycare.org
863-294-7062

Bethany Center Good Shepherd Hospice
chaptershealth.org
866-204-8611

Big Bear Behavioral Health
psychamerica.org
800-840-2528

Children's Home Society
chshf.org
863-413-3126

Families First
familiesfirstfl.com
813-290-8560

Fla Diagnostic and Learning Resources (FDLRS)
fdlrs.polk-fl.net
Polk 863-535-6486

Hardee 863-773-2600

HEADS
headsusa.com
813-754-5552

Impower
impowerfl.org
321-639-1224

National Alliance for the Mentally Ill
nami.org
800-950-6264

Peace River Center
peacrivercenter.org
863-248-3311

Crisis Line 863-519-3744 or
800-627-5906

Highlands 863-402-6859
Wauchula 863-773-3228

Polk County Veterans Services
polk-county.net
863-534-5200

A Safe Haven for Newborns
asafehavenfornewborns.com
877-767-2229

The Toby Center
thetobycenter.org
855-862-9236

Tri-County Human Services
tchsonline.org
863-709-9392

The Wilson House
wilsonhouSERECOVERY.org
863-859-7503

Winter Haven Hospital
winterhavenhospital.org
863-294-7062

Women's Resource Center
wrcfl.org
863-294-5318

Youth & Family Alternatives
yfainc.org
863-499-2430

DENTAL

Central Florida Health Care
cfhconline.org
Frostproof 863-635-4891

Lake Wales 863-855-9718
Mulberry 863-425-6200
Wauchula 863-773-2111

Winter Haven Clinic 863-292-4280
WH Magnolia 863-229-7950

Florida Dept. of Health in Hardee
hardee.floridahealth.gov
863-773-4161

Florida Dept. of Health in Polk
polk.floridahealth.gov
863-519-7900

DRUG PREVENTION EDUCATION
InnerAct Alliance
inneractalliance.org
863-802-0777

Tri-County Human Services
tchsonline.org
863-709-9392

Students are at risk academically if they are chronically absent. When too many absences occur, it can affect learning, regardless of whether absences are excused or unexcused. All absences matter-not just consecutive days in a row. Before you know it just one or two days a month can add up to nearly 10 percent of the school year!

RESOURCES FOR PARENTS

For additional resources and referrals
please dial 2-1-1 or 863-648-1515.

EDUCATIONAL SUPPORT/TUTORING

AmeriCorps
americorps.gov
863-519-8638
Early Steps – Birth-36 months
health.usf.edu/medicine/pediatrics/early-steps
866-549-1740
East Area Adult School
polkedpathways.com
863-965-5475
Fla Diagnostic and Learning Resources (FDLRS)
fdlrs.polk-fl.net
Polk 863-535-6486
Hardee 863-773-2600
Hardee County Adult Education
863-773-3173
Lake Wales Family Literacy Academy
863-604-8012

Learning Resource Center
lrcpolk.com
863-688-9477
New Beginnings High School-Ages 16-21
newbhs.net
863-298-5666

Parent Informational Resource Centers
polk-fl.net
863-534-0500
West Area Adult School
polkedpathways.com
863-499-2835
Women's Resource Center
wrcfl.org
863-294-5318

FAMILY SUPPORT

Heartland Intergroup (Al-Anon)
863-688-0211
Bikers Against Child Abuse
bacaworld.org
866-71ABUSE
Healthy Families Hardee
healthyfamiliesfla.org
863-491-9832
Healthy Families Polk
healthyfamiliesfla.org
863-534-5257
Healthy Start Coalition
healthystarthp.org
Auburndale 863-965-5400
Bartow 863-519-7900
Haines City 863-421-3204
Lake Wales 863-678-4144
Lakeland 863-413-2620
Wauchula 863-773-4161
Heartland for Children
heartlandforchildren.org
863-519-8900

InnerAct Alliance-Substance Abuse
inneractalliance.org
863-802-0777
Lake Wales Family Literacy Academy
863-604-8012
Parent Informational Resource Centers
polk-fl.net
863-534-0500
A Safe Haven For Newborns
asafehavenfornewborns.com
877-767-2229

The Toby Center
thetobycenter.org
855-862-9236
Wings of Eagles-Outreach Center
wingsofeagles.net
863-665-7700

FINANCIAL EDUCATION

Church Service Center
churchservicecenter.com
863-533-5822
Exploration V Children's Museum
explorationsv.com
863-687-3869
Hardee Coop Extension Service
sfyl.ifas.ufl.edu/hardee
863-773-2164
Frostproof Care Center
863-635-5555
Personal Finance Center of Polk
mulberrysc.com
863-425-1523
Salvation Army
salvationarmyflorida.org
863-853-2214
Talbot House Ministries
talbothouse.org
863-687-8475
Women's Care Center of Bartow
863-534-3844
Women's Resource Center
wrcfl.org
863-294-5318

FOOD ASSISTANCE

Saint Joseph Catholic Church
863-294-3144
First Baptist Church at the Mall
863-682-0163

FOSTER PARENTING

Heartland for Children
heartlandforchildren.org
863-519-8900

HEALTH INSURANCE

ACA Marketplace
healthcare.gov
1-800-318-2596

Florida KidCare
floridakidcare.org
1-888-540-5437
Children's Medical Services - Department of Health
cms-kids.com
863-701-1240
Medicaid
myflfamilies.com
Polk HealthCare Plan
polk-county.net
863-533-1111

HEALTH SERVICES

Central Florida Health Care
cfhonline.org
Dundee 863-419-3330
Frostproof 863-635-4891
Lake Wales 863-855-9718
Lakeland 863-413-8600
Wauchula 863-773-2111
Winter Haven 863-292-4280
Good Samaritan Clinic at Talbot House
talbothouse.org
863-687-8475

Florida Dept. of Health in Hardee
hardee.floridahealth.gov
863-773-4161

Florida Dept. of Health in Polk
polk.floridahealth.gov
863-519-7900

Florida Discount Drug Card Program
floridadiscountdrugcard.com
1-866-341-8894

Lake Wales Free Clinic
863-676-1222

Lakeland Volunteers in Medicine
lvim.net
863-688-5846

Polk Health Plan
polk-county.net
863-533-1111

We Care of Polk County
wecarecentralflorida.org
863-662-4227

HOMELESS SERVICES

Lighthouse Ministries
lighthousemin.org
863-687-4076
Salvation Army
Lakeland and West Polk
salvationarmyflorida.org
Lakeland
863-940-9696
Winter Haven
863-294-7493
Talbot House Ministries
talbothouse.org
863-687-8475

Women's Resource Center
wrcfl.org
863-294-5318

HOUSING ASSISTANCE

Bartow
863-533-6311
Lake Wales
863-676-7414
Lakeland
863-687-2911
Hardee County
hardeecounty.net
863-773-6349

LEGAL SERVICES

Heart of Florida Legal Aid Society
hofla.org
863-519-5663

LITERACY ORGANIZATIONS

Lake Wales Family Literacy Academy
863-604-8012
Lake Wales Literacy Council (adult literacy)
863-676-5767
READ Lakeland (adult literacy)
readlakeland.com
863-802-1512

MENTORING

Big Brothers Big Sisters
bbbstampabay.org
813-769-3600
Girls Inc.
girlsincl.com
Lakeland 863-682-3002
Winter Haven 863-967-2874
Girl Scouts of West Central Florida
gswcf.org
800-881-4475

Polk County School Board
polk-fl.net
863-534-0636

NUTRITION

Florida Dept. of Health in Polk WIC Program (Women, Infants and Children)
polk.floridahealth.gov
863-519-7542
Polk County Extension Office
polk.ifas.ufl.edu
863-519-1041

PARENT/CHILD ACTIVITY GROUPS & EDUCATION

Explorations V Children's Museum
explorationsv.com
863-687-3869
Family Fundamentals (ages 0-5)
uwcf.org
863-686-1221
Girl Scouts of West Central Florida
gswcf.org
800-881-4475

Fruit Nachos: Place slices of fruit on a plate-apples work well. Drizzle with chocolate or plop on some peanut butter or yogurt, or all three!

For additional resources and referrals
please dial 2-1-1 or 863-648-1515.

RESOURCES FOR PARENTS

PARENT/CHILD ACTIVITY GROUPS & EDUCATION

Lake Wales Family Literacy Academy
863-604-8012

Learning Resource Center
lrccpolk.com
863-688-9477

Public Libraries
mypclc.org (Polk Co.)
Auburndale 863-965-5548
Bartow 863-534-0131
Bookmobile 863-678-4004
Books by Mail 863-679-4441 TOLL FREE 1-866-679-4441
Dundee 863-439-9424
Eagle Lake 863-293-2914
eLibrary South 863-838-4507
Fort Meade 863-285-8287
Frostproof 863-635-7857
Haines City 863-421-3633
Historical and Genealogical Library 863-534-4380
Lake Alfred 863-291-5378
Lake Wales 863-678-4004
Lakeland 863-834-4280
Larry R. Jackson Branch 863-834-4288
Mulberry 863-425-3246
Polk City 863-984-4340
Polk County Law Library 863-534-4013
Winter Haven 863-291-5880
myhlc.org (Hardee Co.)
Wauchula 863-773-6438

POISON HELP

Florida Poison Information Center-Tampa
poison.org
800-222-1222

RESOURCE & REFERRAL

Aunt Bertha
heartland.auntbertha.com
United Way 2-1-1
Uwcf.org/about-2-1-1
2-1-1 or 888-370-7188
Email: uw211help@gmail.com
Crisis Response Team at Peace River Center
peacrivercenter.org
863-519-3744 TOLL FREE: 800-627-5906
A Safe Haven For Newborns
asafehavenfornewborns.com
877-767-2229

SAFETY

Citizen CPR, Inc.
Child/Infant Preventative Safety Education
citizencprinc.com
863-680-1277

SENIOR SERVICES

Alzheimer's Association
alz.org
800-272-3900

American Assoc. of Retired Persons
aarp.org
866-595-7678

Catholic Charities Lakeland Activity Center for Seniors
cflcc.org
863-687-2988

Elder Point
elderpoint.org
863-682-7249

Faith in Action North Lakeland, Inc.
fianl.homestead.com
863-686-0009

NuHope
nuhopeeldercare.com
863-773-2022 Wauchula

Seniors First
seniorsfirstinc.org
863-534-5320

Rath Center
Therathcenter.org
863-220-7702

Senior Connection Center
seniorconnectioncenter.org
1-800-963-5337

Viste

Lakeland, Bartow, Mulberry & Fort Meade
viste.org
863-284-0828

SMOKING - HELP TO QUIT SMOKING

Lake Wales Free Clinic
lakewalescarecenter.org
863-676-1222

InnerAct Alliance
inneractalliance.org
863-802-0777

Winter Haven Hospital-Behavioral Health Division
winterhavenhospital.org
863-294-7062

Tobacco Free Florida
tobaccofreeflorida.com
863-773-4161 Hardee Co.

SPECIAL NEEDS SERVICES

Achievement Academy (ages 0-3)
achievementacademy.com
Bartow 863-533-0690
Lakeland 863-683-6504
Winter Haven 863-965-7586

All Children's Specialty Care of Lakeland
allkids.org
863-802-6600

Alliance for Independence
afi-fl.org
863-665-3846

Bolesta Center (ages 0-5)
bolesta.cbcs.usf.edu
813-974-2326

Central Florida Autism Institute, Inc.

autismspeaks.org

Central Florida Speech and Hearing
cfshc.org
863-686-3189 (includes TDD/TTY)

Children's Medical Services (Department of Health)
cms-kids.com
863-413-3484

Early Steps Intervention Program
866-549-1740

Family Network on Disabilities of Florida
fndusa.org
727-523-1130 (Voice & TTD)
800-825-5736

Florida Diagnostic & Learning Resource System (FDLRS)
fdlrs.polk-fl.net
Polk 863-535-6486
Hardee 863-773-2600

Florida Epilepsy Services
863-686-5880

Florida First Start (ages 0-3)
Frostproof Elementary 863-635-7802
Griffin Elementary 863-853-6020
Florida School for the Deaf and Blind
fsdbk12.org
904-827-2212

Lighthouse for the Blind (ages 0-5)
tampalighthouse.org
863-299-3633

Nu-Hope
863-773-2022 Wauchula

Victory Ridge Academy (ages 1-grade 8)
victoryridge.org
863-679-3338

Peace River Center
peacrivercenter.org
Behavioral Health (children) 863-248-3311
Rape Recovery Resources
Crisis line (Lakeland) 877-688-5077
Domestic Violence Services
Crisis line (Lakeland) 863-413-2700

Pediatric Health Choice
pediatrichc.com
863-603-0515

Pediatric Therapy Services, Inc.
ptsbeyourbest.com
863-802-3800

Polk County School Board "Child Find"
polk-fl.net
863-535-6486

Spina Bifida Association of Central Florida
sbcentralflorida.org

The Roberts Academy-Dyslexia
flsouthern.edu/robertsacademy
863-680-3741

TianVica Riding Academy
tianvica.org
888-548-2972

TEEN PARENT SERVICES

Polk County School Board
polk-fl.net
863-419-3001

A Safe Haven for Newborns
asafehavenfornewborns.com
877-767-2229

VETERAN SERVICES

James A. Haley VA
tampa.va.gov
813-972-2000

Lakeland VA Clinic
863-701-2470

Veterans Crisis Line
veteranscrisisline.net
1-800-273-8255 and press 1

Veteran Service Office
863-534-5200

Chronic absenteeism (missing 10% of the school year for any reason), causes students to be more likely to lag behind academically and more likely to drop out. Good habits start in preschool!

I spy something green.

Everyday moments can be learning moments with your kids.



bornlearning.org



CONGRATULATIONS!
Shanda, Azaziah and Aubrey
are headed to Publix!
 Shanda picked up her copy of the
 Parent Resource Guide at Head Start.
YOU CAN'T WIN
IF YOU DON'T ENTER!

WE WANT TO HEAR
FROM YOU TOO!



Enter to Win!

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Mail to Success By 6, P.O. Box 1357, Highland City, FL 33846-1357 or go to www.uwcf.org/EntryForm

Get rid of the TV during family meal times. Have some conversation-starter questions ready to go. Everyone stays at the table until the parent says the meal is over. More family time, plus less screen time equals win-win!

bornlearning.org SM

**Create regular
 routines for
 your child.**

Sing and play
 during bath time.

Tell stories before bed. Talk with
 your child during meal times.



Kids with a regular, predictable bedtime routine were found to have less behavioral difficulties than those with non-regular bedtimes, based on a study out of the UK with 10,000 children between the ages of 3 and 7 years old.

#TEACHABLEMOMENTS

**5 Tips for Becoming A
 Good Digital Role Model**



1 Set clear boundaries for work time and family time. There are moments when devices aren't welcome, like dinner time.

2 Use media together. Learn new Snapchat filters or Facetime a relative. Watch, listen, play and encourage your little ones to behave positively online. Discuss what is appropriate to share online.

3 Set time limits on devices for both you and your children. Young children learn how to use technology by watching their caregivers, so model healthy habits early.

4 Remember that not all media use needs to be educational. It's okay to let them enjoy games or apps that are simply fun. It's a good way to teach moderation.

5 Have a device-free day! Choose a day to keep mobile devices away, turn off the TV and computer, and simply enjoy the day together with an old-fashioned board game, books or time outdoors.

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