We all agree that family is important and our children grow up in the blink of an eye. So take the time to create precious times with your children. Don’t wait or delay.

Spending time together and creating family rituals can be achieved in simple ways. Family time can start at Sunday breakfast, game night, week-end shopping or enjoying bedtime stories. Parents and children just need to ‘show up’ with no texting, no Facebook.

There are many benefits, spending family time together helps to: build stronger bonds; make time to talk and listen; teach children important lessons in life; instill family values and traditions; and to show each other affection and encouragement.

All children need a sense of belonging and security. They need someone they can turn to and look up to for anything. A parent’s attention is essential to building a child’s self-worth.

Let your children know that their academic success is an important part of your caring and responsibility to them. This means checking their homework, getting involved in the PTA, meeting with teachers for updates and asking your children every day “How was your day at school?”

Research shows that when parents spend quality time with their children, their grades improve, they behave better, graduate, have a positive outlook on life and are more likely to have greater over all success.

**Steps to Reduce Lead in Drinking**

Use only cold water for drinking, cooking and making baby formula. Boiling water does not remove lead from water.

Before drinking, flush your home’s pipes by running the tap, taking a shower, doing laundry or doing a load of dishes. Regularly clean your faucet’s screen (also known as an aerator).

If you use a filter certified to remove lead, read the directions carefully and change the filter at expiration date.

Your water company can tell you if the pipe that connects your home to the water main (called a service line) is made from lead.

Your area’s water company can also provide information about lead levels in your system’s drinking water.

Source: epa.gov
More Preschool Opportunities for New Jersey’s 3-and-4-Year Olds!

Great news for New Jersey’s preschoolers!! Governor Murphy announced that 1,450 more 3- and 4-year olds will benefit from high quality preschool, beginning on October 1st. Thanks to $20 million more state dollars, 28 additional school districts located throughout the state will receive funding to open up new classrooms for these children.

There was a significant increase in district interest this year, with more applications than in previous years. Essex County is earmarked to receive $892,452 to increase enrollment of preschool children in the Belleville school district.

This is the third consecutive year in which state funds have included increased dollars to implement New Jersey’s nationally recognized model for high quality preschool. Governor Murphy, in making the announcement, said he was feeling optimistic for our children’s future because of the increased state investment in more young children’s early learning experiences.

Su Voz – Noviembre 2019

¡Más oportunidades para niños pre-escolares de 3 a 4 años en Nueva Jersey!

Grandes noticias para los niños en edad pre-escolar de Nueva Jersey porque 1450 niños se convirtieron en beneficiarios de una educación pre-escolar de alta calidad en el año escolar 2019-2020. Gracias a $20 millones de dólares, veintiocho distritos escolares adicionales ubicados en todo el estado recibirán fondos para abrir nuevas aulas a partir del 1 de octubre para estos niños. Hubo un aumento significativo a nivel de distrito este año, con más solicitudes que en años anteriores. El condado de Essex está destinado a recibir $892,452,00 para aumentar la inscripción de niños en edad pre-escolar en el distrito de Belleville.

“Este el tercer año consecutivo en que los fondos estatales han incluido un aumento de dinero para implementar New Jersey’s nationally recognized model for high quality preschool. El gobernador, Murphy al hacer el anuncio, dijo que se sentía optimista por el futuro de nuestros hijos debido a la inversión estatal en las experiencias de aprendizaje temprano de más niños en el estado.”

Pasos para reducir el nivel de plomo en el agua potable:

Use solo agua fría para beber, cocinar y preparar fórmula para bebés. El agua hirviendo no elimina el plomo del agua. Antes de beber, enjuague las tuberías de su casa, abriendo el grifo, dándose una ducha, lavando la ropa o lavando los platos. Limpie regularmente la pantalla de su grifo (también conocido como el aireador).

Si usa un filtro certificado para eliminar el plomo, lea las instrucciones cuidadosamente y cambie el filtro en la fecha de vencimiento.

La compañía de agua que sirve su comunidad puede decirle si la tubería que conecta su hogar a la tubería de agua contiene plomo.

La compañía de agua puede proporcionar información sobre los niveles de plomo en el agua potable de su sistema.

Source: epa.gov