

The Parent Press

Programs for Parents, Inc.'s monthly newsletter features family-focused articles and resources on parenting, health, policy, and community information.

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Policy



PURPOSEFUL PARENTING

JULY IS PURPOSEFUL PARENTING MONTH

The US Department of Health and Human Services designated [July](#) as Purposeful Parenting in recognition of the increased time families spend together during the summer months. This designation recognizes the importance of meaningful relationships between parents and children and encourages "parenting with a purpose" – listening, sharing in discussions, and showing up for your family.



PARENTING WITH PURPOSE

WHAT IS PURPOSEFUL PARENTING?

Purposeful Parenting is a parent-lead movement that has gained popularity and traction over the last few years. According to [PsychCentral](#), "It is based on the belief that when the parental role is established with proactive intentionality and thorough understanding about child development, the ability of children to fulfill their potential and have more options available to them increases". The overall concept of the movement is born from the age-old nature versus nurture debate. However, Purposeful Parenting is essentially about focusing on your child's growth in the best way possible so your child can flourish through development.

4 TIPS FOR PURPOSEFUL PARENTING

1. Take care of yourself. [Self-care](#) is integral to becoming the best parent possible. While it's easy to prioritize your child, setting aside time for yourself in turn helps you maintain the best mindset for Purposeful Parenting. It's not selfish to want a break from the chaos and a moment or two for yourself.

2. Don't be too hard on yourself. Striving for perfection is natural, but perfection is impossible and unhealthy! Human beings are not perfect, including yourself and your child. Model behavior for your children to follow. Show them that life is about trying your best, not being the best. There will be ups and downs in parenting, but the important thing is to keep moving forward.

3. Build a support system. Connect with other parents through different support groups or parenting programs to find a support system to help you through your struggles. Sharing experiences with others is helpful to yourself and to other parents.

4. Don't be afraid to ask for help. Parents are incredible, strong, and resilient, but they're not superheroes. Raising a child can get overwhelming, but it is always okay to reach out for help. This does not make you a lesser parent. In fact, recognizing the need for help and doing the best thing for your mental well-being and child is a sign of strength. [July is Purposeful Parenting Month - Acenda](#) (acendahealth.org)



HEALTH/NUTRITION

TIPS TO BEAT THE HEAT

If you are going to be outside, there are several steps you can take to beat the heat and protect your child from heat-related illness and hazards:

- **Stay hydrated:** Encourage your children to drink water frequently and have it readily available—even before they ask for it. Take water bottles with you if you go out. On hot days, infants receiving breast milk in a bottle can be given additional breast milk in a bottle, but they should not be given water, especially in the first 6 months of life. Infants receiving formula can be given additional formula in a bottle.
- **Dress lightly:** Light-colored clothing can help kids stay cool and prevent heat stress from excessive heat absorption; darker-colored clothing typically provides slightly better protection against sun damage to the skin. Also, try to choose loose-fitting clothing—ideally, that offers both adequate ventilation and protection against direct sun exposure. Clothing made with just one layer of absorbent material can help maximize the evaporation of sweat, which has a cooling effect (kids have lower sweat rates than adults). Be sure to use plenty of sunscreen.
- **Plan for extra rest time:** Heat can often make children (and their parents) feel tired. High heat can not only cause people to feel tired but may also contribute to irritability. Come inside regularly to cool off, rest, and drink water.
- **Cool off with water.** When your child is feeling hot, give them a cool bath or water mist to cool down. Swimming is another great way to cool off while staying active. Remember that children should always be supervised while swimming or playing in water to prevent drowning.
- **Never leave your child alone in a car:** The inside of a car can become dangerously hot in just a short amount of time, even with the windows open. [Extreme Heat: Tips to Keep Kids Safe When Temperatures Soar - HealthyChildren.org](https://www.healthychildren.org/parenting/summer/Extreme-Heat-Tips-to-Keep-Kids-Safe-When-Temperatures-Soar)



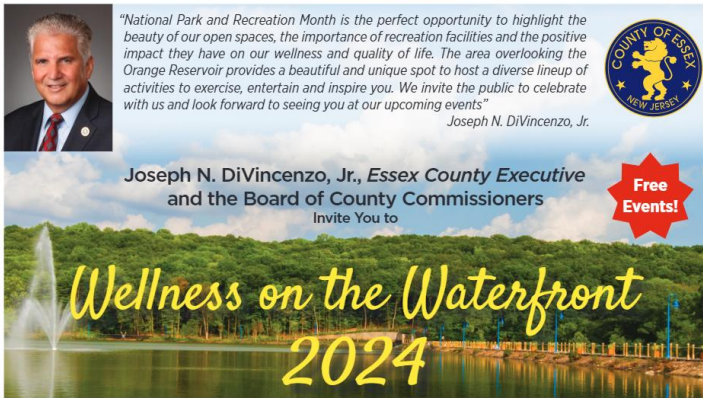
Quick Summer Snacks

Healthy snacks help manage kids' hunger and boost their nutrition. Snacks can keep them from getting so hungry that they get cranky. Snacks may help prevent overeating at meals. And for the picky eaters of all ages, snacks are a chance to add more nutrients to their diets.

Sometimes we don't have an hour or two to prepare healthy snacks that are a little too complicated to make. Try out some of these healthy, quick, and easy kid-friendly summer snacks:

- Fruit and cheese kabobs
- Plain yogurt fruit cup
- Veggie dip cups (make dip ahead or purchase a healthy veggie dip)
- Sliced pears with ricotta cheese
- Turkey and avocado roll-up
- Carrot sticks with hummus
- Banana oatmeal muffin

It's not always about making it complicated, but making it fun to eat!



**Essex County South Mountain Recreation Complex
Clipper Pavilion, Cherry Lane**

Essex County celebrates Parks and Recreation Month with free weekly activities at the Waterfront in the Essex County South Mountain Recreation Complex

- Mondays** **Full Body Hiit: July 8, 15, 22, 29 at 6:30pm**
Join the group and get in shape!
- Tuesdays** **Jammin' in July: July 9, 16, 23, 30 at 7pm**
Elevate your Waterfront experience with music. The schedule is as follows:
July 9: Chatham Community Band July 23: Maplewood Community Band
July 16: West Orange Community Band July 30: Sterling Sample Drumming
- Thursdays** **Yoga for Adults: July 11, 18, 25 at 6:30pm**
These classes are suitable for both beginners and seasoned yoga practitioners. Bring a yoga mat and dress comfortably. Classes are held rain or shine

Wednesday and Thursday Nights in July
Family Fun Night at Essex County Turtle Back Zoo.
The Zoo has extended hours on Wednesdays and Thursdays to 8pm.
Last admission 7pm. turtlebackzoo.com

FOR MORE INFORMATION VISIT www.essexcountynj.org | Putting Essex County First



**FREE TO THE PUBLIC
FREE FRUITS AND VEGETABLES**

| | | |
|--|--|-----------------|
| WHEN | WHERE | REGISTER |
| Every Third Monday Starting at 4pm While Supplies Last | EO Family Success Center 132 South Harrison ST East Orange, NJ | |

**REGISTER FOR NJ FAMILY CARE
(Cover All Kids)
Assistance in English, Spanish and Creole**



JULY SUMMER FAMILY FUN!

THE NEWARK MUSEUM OF ART



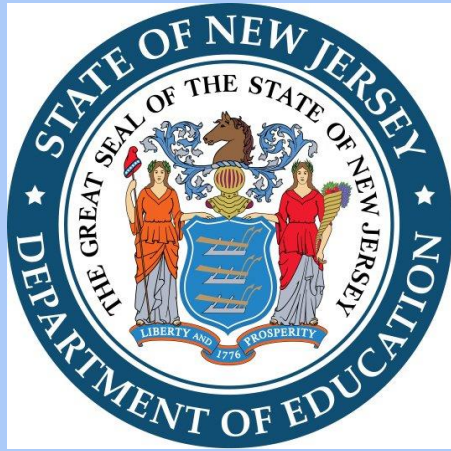
Enjoy family fun this summer at The Newark Museum of Art!

1. Thursday, July 11, 12–5pm
2. Friday, July 12, 12–5pm
3. Saturday, July 13, 12–5pm
4. Thursday, July 18, 12–5pm
5. Friday, July 19, 12–5pm
6. Saturday, July 20, 12–5pm
7. Thursday, July 25, 12–5pm
8. Friday, July 26, 12–5pm
9. Saturday, July 27, 12–5pm

49 Washington Street
Newark, NJ 07102
(973) 596-6550

FREE WITH GENERAL ADMISSION TICKETS.

Click the link to see the timeline of activities for [July Summer Family Fun! — The Newark Museum of Art \(newarkmuseumart.org\)](http://newarkmuseumart.org)



New Jersey Department of Education Announces Availability of \$20 Million to Bring High-Quality Preschool to More School District

IMMEDIATE RELEASE JULY 3, 2024

Trenton, NJ – The New Jersey Department of Education (NJDOE) continued the Murphy Administration’s campaign toward universal preschool by announcing today the availability of \$20 million to help school districts expand or establish new high-quality preschool programs in the 2024-2025 school year. This funding is part of the \$124 million increase in preschool aid included in the Fiscal Year 2025 budget Governor Murphy signed last week, bringing the State’s total FY25 investment to more than \$1.2 billion. Since FY2018, the Murphy Administration has increased preschool funding by over \$550 million.

The initiative also continues a recent requirement that school districts applying for funding must demonstrate due diligence in engaging with licensed childcare providers and Head Start programs operating locally or in neighboring communities that are willing and able to meet all preschool program requirements.

School districts have until noon on August 14, 2024, to submit to the NJDOE their Application for Preschool Expansion Aid. The NJDOE will announce the recipients of the funding in the fall.

For more information, visit the NJDOE’s Division of Early Childhood Education webpage. [Early Childhood Education \(nj.gov\)](https://www.nj.gov/education/early-childhood-education/)

Programs for Parents is a non-profit organization that works to ensure that children get the best possible start in life. It does so by supporting children, families, and childcare providers in Essex County through advocacy and action, providing education and referrals, sharing best practices, and helping families access available financial resources.

The Parent Press is a monthly newsletter published for childcare providers and parents



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