



Early Learning Coalition  
of Palm Beach County

*Ready to Learn. Ready for Life.*

# Hello & Welcome

To the Parent Connection Newsletter.  
Celebrating You as Your Child's 1st Teacher.



## The Parent Connection Newsletter

Dear Parents,


Happy New Year and thank you for allowing us to partner with you and your family in 2021 to ensure **ALL** children in Palm Beach County are *Ready to Learn & Ready for Life*.

We hope that you will find this edition of our Parent Connection to be informative and useful. Take a moment to Join Us **TONIGHT at 6 PM** for our Facebook Live! on [Building Your Child's Self-Control](#).

Follow us on all of our social media to stay in the loop and connected on all of our latest events, information, and resources:



**Your Friends,**

The Early Learning Coalition of Palm Beach County 

**"Like" and "Follow" Us On Social Media!  
Parent Chat | Building Your Child's Self-  
Control**

**Voluntary Prekindergarten (VPK)  
Reminders** 



## VPK is a free preschool program for all 4-year-olds!

The voters of the State of Florida recognized the importance of preparing children for kindergarten in 2002 and created a [Voluntary Prekindergarten \(VPK\) Program](#) for all four-year-olds.

**If your child turned 4 years old by September 1st, 2020, then they are currently eligible for this FREE program.**

You can apply for the VPK certificate online, if you haven't already! Once you have it, you can take that to any VPK provider in Palm Beach County. Contact us at 561.514.3300 for specific providers based on you and your family's unique needs. It's not too late to take advantage of this free program, some providers even have classes starting soon!



[What Is VPK](#)



[Why VPK Matters](#)



[Who Is Eligible?](#)

## January 2021 | Childhood Obesity



The Early Learning Coalition of Palm Beach County's January Awareness Campaign is **Childhood Obesity**. Childhood obesity is a serious problem in the United States, putting children and adolescents at risk for poor health throughout their lives.

Although the causes of childhood obesity are widespread, certain factors are targeted as major contributors to this epidemic. For this

awareness campaign, we have food and nutrition resources as well as information to help families in getting children to be more physically active. [Click here to visit our January 2021 Awareness page.](#)

# Additional Resources & Supports



healthy mothers, healthy babies  
Coalition of Palm Beach County, Inc.

## VIRTUAL EDUCATIONAL PROGRAMS Join us Online in January 2021

Programs are FREE, but registration is REQUIRED.  
TO REGISTER → [www.hmhbpbcc.org](http://www.hmhbpbcc.org)

Educational activities  
proudly support



Workshops for pregnant women, new parents and their support partners.

### Healthy Cooking

Wednesday, January 27th 5-7pm

### Prenatal Yoga

Monday, January 11th 6-7pm

Monday, January 25th 6-7pm

### Infant Child CPR

Saturday, January 23rd (ENG) 10am-12pm

### Breastfeeding and Infant Feeding

Wednesday, January 13th 5-7pm (English)

Thursday, January 21st 5-7pm (Spanish)

Tuesday, January 26th 5-7pm (Creole)

### Building Healthy Blocks

Healthy Relationships—Parenting

Wednesdays at 5pm

January 6th & 20th

### Pregnancy 101

Tuesday, January 12th 5pm-7pm

### Caring for Newborns

Thursday, January 28th 5pm-7pm

CONTACT INFORMATION:  
561-517-2541

## Childbirth Classes

Pregnant women typically attend these classes within the seventh month (third trimester) of their pregnancy.

Support partners are also welcome.

### English Classes

Saturday, January 9th

9am-1pm

Saturday, January 16th

9am-1pm

### Spanish Classes

Saturday, January 30th

9am-1pm

CONTACT INFORMATION:  
561-517-2541



Maternal Wellness Support Groups.  
Learning together to manage Motherhood.

### English Circle of Moms

Tuesdays at 11am

January 5th, 12th, 19th

Thursdays at 2pm

January 7th, 21st, 28th

### Spanish Circle of Moms

Thursdays at 11am

January 7th, 21st, 28th

Circle of Moms is proudly funded by:  
Health Care District of Palm Beach County  
and The Lattner Foundation

CONTACT INFORMATION:  
561-517-1551



SHARE Pregnancy and Inf Support Groups.

Grieving the loss of a preg a newborn? We can h

### English Groups

Monday, January 1

at 2pm

### Spanish Group

Monday, January 1

at 2pm

CONTACT INFORMA  
561-517-1551  
[www.hmhbpbcc.org/](http://www.hmhbpbcc.org/)

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**Join our vision:  
Every child in Palm Beach County is Ready to Succeed in School  
and Life.**