

RESOURCES



RECOMMENDED BOOKS FOR BABY

- Eating the Alphabet, by Lois Ehlert
- Apples and Pumpkins, by Anne F. Rockwell
- Hello Ocean, by Pam Munoz Ryan
- Mouse's First Summer, by Lauren Thompson

RESOURCES FOR PARENTS

- For information on feeding your baby see Hannaford's website for free Nutrition Education Classes (under Healthy Living) or the Guiding Stars program which includes baby food. www.hannaford.com.
- The whole family can be good role models, check out the "bunches of fun" from the create tab on www.shaws.com or programs like www.3aday.org or www.letsgo.org
- Search for local farmer's markets by visiting this website: www.getrealmaine.com/buy/farmers_markets.html
- Maine state parks are a great place to explore and get some exercise. Visit www.maine.gov/doc/parks/programs for more information. Some local libraries have state park passes that you can check out for a few days at a time.
- For helpful tips on playing and dancing to music www.musikgarten.org
- Contact your local health educator for classes and information.
- Check out the website for the Harold Alfond College Challenge to see all of the quarterly pamphlets. www.500forbaby.org



A healthy body
boosts brain power!

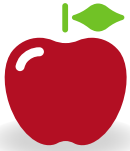


Harold Alfond College Challenge

HEALTH

HEALTH

It's never too soon to start living healthy.



Good Nutrition and Physical Activity Leads to Healthy Children!

Summer is a great time to let your baby enjoy active time outdoors and fresh, local foods. Playing games, listening to music and singing helps brain and body development. Enjoy the outdoors with a nice picnic or some healthy snacks. Dance together, or splash in a pool. A healthy body leads to more brain power!



Three Things You Can Do:

1 EAT FRESH, EAT LOCAL

Summer is a great time to explore the many colors, tastes and textures of foods from local markets. Introduce your family to them at meal times and see what happens.

2 GET ACTIVE

Whether just strolling around the neighborhood, jumping in the waves, or taking a hike, summer is a great time to get your baby outside. Babies who are taking their first steps, or even just crawling about, love to explore.

3 PROTECT FROM THE SUN

While you're outside with your little one be sure to keep him protected. Cover his head with a hat and apply sunscreen regularly. Baby's skin is extra sensitive and it's important to protect it.

For babies 6 months or younger, check with your doctor on proper feeding and sun protection tips.

Start Today!

Every dollar saved for college for your child is an investment in your child's future. Even \$10 or \$20 a month can add up. Start saving today and watch the opportunities for your child's future grow.