

# April Newsletter - Home Visiting

## EHS Home-Based Programs

### LET'S PLAY OUTSIDE!

Playing in the great outdoors allows your child to use their large muscles and exercise their balance and skills. It gives their brain practice coordinating messages from different sources — muscles, senses, and balance. Another benefit is the stress release that comes from just being in nature. Your yard, neighborhood, and playground provide lots of hand on experience that stimulate your child's senses as well as introduce them to science and math fun. Ideas for outdoor fun would be ball play, nature walks, sand play, and water play. Be sure to take your time, stay safe and feel the bonding experiences with you child.

Resource: [www.parentsasteachers.org](http://www.parentsasteachers.org)

### WHAT IS WORLD HEALTH DAY?

World health day is about Universal Health Coverage ensuring all people and communities have access to quality health services where and when they need them. Does everyone in your household have a primary physician? Do you have access to a dentist? There are many ways to find affordable health care through Illinois Health Care Assistance. It is recommended to see a dentist every six months. Listed below are some leads to a healthy start. Visit [www.countycare.com](http://www.countycare.com) for enrollment in: well baby visits, mammograms, school physicals, dental exams, eye exams, and hearing and vision screenings.

### WHAT IS EARTH DAY?

Earth Day is an annual event celebrated on April 22nd. On this day, events are held worldwide to help to demonstrate support of worldwide environmental protection. You can encourage your family to contribute to keeping a clean and healthy environment. Here are some fun, friendly ideas you can practice at home: plant a garden, take a walk, read a book about earth day, recycle, and volunteer in your town to help clean up the community.