

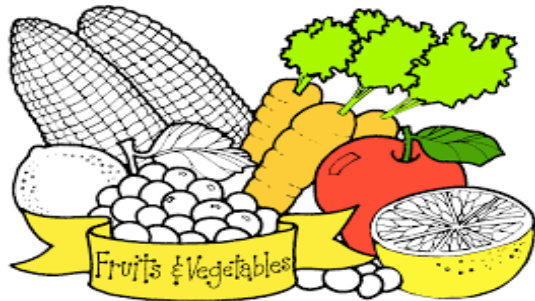


Kingdom Kids January Newsletter

Healthy Eating

As a parent, one of the most important things to do is to teach your children healthy eating habits. Below are five of the best strategies to improve nutrition and encourage smart eating habits.

- Have regular family meals.
- Serve a variety of healthy foods and snacks.
- Be a role model by eating healthy yourself.
- Avoid battles over food.
- Involve kids in the process.
- Avoid processed foods.



JERSEY DAY!

**FRIDAY JANUARY 7TH, 2019
DON'T FORGET TO WEAR YOUR
FAVORITE TEAM'S JERSEY OR
TEAM COLORS!**



HAPPY NEW YEARS 2019!!!

We hope you all had a wonderful holiday.
We are very blessed that we get to spend
this coming year with you and your
families! ♥

Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new.



2 Corinthians 5:17