



# On my way to K

Wellness information for parents of children soon to start school.

Incorporating healthy habits helps with growth and development while also supporting a child's ability to learn. When healthy habits are practiced from a young age, we create lifelong habits which are necessary in supporting and maintaining good health throughout the lifespan.

## [Link to Video-Presentation](#)

### [Recommended Resources \(links\)](#)

[School lunches your kids will munch](#)

[Canada's Food Guide](#)

[Active for Life - Physical Literacy](#)

[Miramichi Recreation and Wellness](#)

[Fresh for Less](#)

[Video-Promoting mental health](#)

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