

Foundation First Family Engagement Newsletter



July 2025

Hello, July!

Summer is in full swing here in Ready Region North Central, and we're thrilled to bring back our Family Engagement Newsletter!

The Family Engagement Team at Foundation First is excited to reconnect and share all the latest events, opportunities, and resources across our region. This newsletter is designed with families of children birth to five in mind—because we know that strong family engagement is the foundation of a child's early success. Research shows that when families are actively involved in their child's early learning, children are more prepared for school, build stronger social-emotional skills, and thrive long-term. That's why we're committed to keeping you informed, connected, and empowered.

Inside, you'll find:

- Local events and happenings
- Resources and support for families
- · Opportunities to get involved and make your voice heard
- Highlights from communities across the region

We're so glad you're part of this journey. Let's keep growing together!

Sign Up!



Offer input in the early childhood decisions that matter



Meet your Family & Engagement Staff!



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The Family Council is a group under Foundation First

Who is Foundation First?

• Foundation First is led by a dedicated, passionate team with extensive early childhood education knowledge and expertise. The Foundation First team is supported by an active volunteer Board comprised of community leaders, local business leaders, educational institutions, non-profit organizations, and local and state governments. We bring together families, businesses, community organizations and state and local agencies to strengthen existing early childhood education programs and implement new approaches where needed.

We serve the following areas:

• Fredericksburg, Manassas and Manassas Park and the counties of Loudoun, Fauquier, Culpeper, Caroline, King George, Prince William, Spotsylvania and Stafford.

Events this Month

Rappahannock Area



Thursday, July 17th
1:00-2:30 pm
Fredericksburg Library
Summer Fun Fest

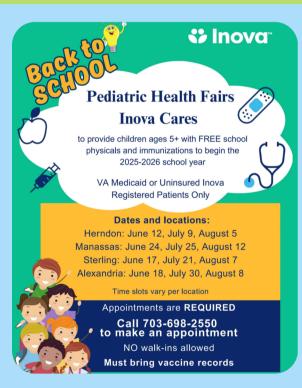
Infant & Toddler
Developmental
Playgroup w/ OT in
Indoor Play Gym
July 7th 9:30-10:30
Milestones Play Gym &
Pediatric Therapy



Greater Prince William Area







Loudoun, Fauquier, Culpeper Area

Leesburg Independence
Starting at 9:45 a.m., the
parade makes its way
from Ida Lee Drive to
Fairfax Drive,
entertaining hundreds
of flag-waving residents.



Thursday, July 3rd
Bealeton Branch Library
FREE Books, games and
summer fun!







Facebook Groups

Stay connected, stay informed, and stay involved in all the exciting opportunities for families in our region! Join other families to share fun activities, engage in meaningful conversations, discover helpful resources, and highlight what's happening in your own neighborhood. One of the best ways to stay in the loop is by joining our Facebook groups designed just for families like yours!

LFC: Connecting Loudoun, Fauquier and Culpeper Families

GPW: Connecting Greater Prince William, Manassas Park and City of Manassas Families

RAP: Connecting Stafford, City of Fredericksburg, Spotsylvania, King George and Caroline Families

GPW:

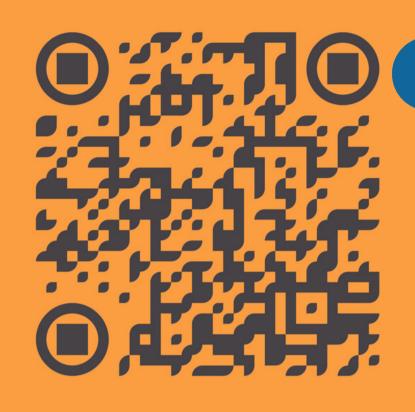


RAP:





Family Resources



Regional Resources

Looking for family resources across the region and in your local community? Check out Foundation First's Family Resources LinkTree! It's regularly updated, so be sure to visit often to discover new ways we can support your family.

PEATC

The Parent Educational Advocacy Training
Center, PEATC, is the parent information and
training center serving families and
professionals of children with disabilities in the
Commonwealth of Virginia.
PEATC offers parent training and workshops by
request.





SEEDS OF HOPE



Seeds of Hope

Seeds of Hope Consulting offers a free parenting webinar every 3rd Wednesday of the month to families with children ages 0-5 called The Community Connection.





For children Birth - 5

fun
summer
activities

Water Play with a purpose

Set up a small kiddie pool, sprinkler, or sensory bin with water and cups. Great for cooling off and building fine motor skills through pouring and scooping.

Nature Scavenger Hunt

2

Go on a walk and look for simple items like leaves, rocks, flowers, or bugs. For toddlers and preschoolers, you can add pictures to help them "check off" what they find.

Mess- Free Painting

3

Tape a piece of paper inside a zip-top bag, add blobs of paint, seal it, and let little ones squish and swirl the colors—perfect for babies and toddlers!



Backyard Obstacle Course

Use pillows, boxes, cones, or chalk to create a simple course. Climbing, jumping, and crawling help build gross motor skills and confidence.





Story Time Under the Shade

Bring a blanket and books outside for a cozy read-aloud under a tree. You can even add a snack for a fun story picnic!