



Welcome to the first monthly e-newsletter from the Montclair Community Pre-K's Family Network Center (MCPK's FNC). We take the COMMUNITY part of our name very seriously, and the FNC is the branch of the MCPK that works to create a community out of the individual families who attend the school, while also connecting the school to the larger Montclair community.

It is critical that we get our youngest children off to a great start in life--nearly 90% of the child's brain is developed by age 5. So what are some of the pieces necessary for a great start? A safe and loving environment at school and at home. Healthy food and lots of time and space to run and play. Caring adults who talk with, read to and play with them. Check-ups from a pediatrician and dentist. Opportunities to learn to swim and ride a bike. Spending time as a family in your local community. And so much more.

My husband and I have four children: Ellie (12), Grace (8), Michael (5) and Chiara (3). For us, it takes multiple villages to get them off to a great start: the Montclair village, our family village and our school village. I hope that this e-newsletter will make it just a little bit easier for you and your family to create or expand your own village here in Montclair and to experience all of the wonderful things it has to offer. We will connect you to great events, people and organizations that will help you build and strengthen your personal network of support and have fun doing it. Enjoy!

Sincerely,

A handwritten signature in black ink that reads 'Stephanie Fitzgerald'. The script is fluid and cursive.

Please share your feedback with me at [sfitzgerald@montclairprek.org](mailto:sfitzgerald@montclairprek.org).