

Worth Reading Weekly



A recap of this week's headlines:

The Children's Movement of Florida is the state's leading voice on early childhood, keeping young children on the agenda in Florida and championing the policies and investments that help children (and their families) thrive in the 0-5 years. Every Friday, our Worth Reading Weekly newsletter gathers the top early childhood headlines so it's easy for you to stay informed.

Legislative Session 2025

We have launched a [legislative briefing](#) that explains why investing in early learning is so important and why this is the year to reset eligibility for School Readiness—Florida's early learning tuition assistance program for working families.

[You can find it, our Legislative Priorities and more information about Florida's 2025 Legislative Session here.](#)



Health & Nutrition

[Study Pinpoints the Impact of Prenatal Stress Across 27 Weeks of Pregnancy](#)

From Science Daily: "Prenatal stress has a well-established link to negative health, including mental health, outcomes in children and adults, but most studies conclude that the biggest effects are on girls. Our study found that not to be the case. It's in fact, just different timing."

[Medically Unnecessary: Kids with Complex Needs Moved to State Insurance that Doesn't Help](#)

From Health News Florida: "Florida KidCare is an umbrella program that has four public insurance bodies: Medicaid for children, Medikids, Children Medical Services and Florida Healthy Kids. The last three are considered part of the Florida Children's Health Insurance Program (CHIP). All four provide various levels of coverage depending on the income level of a recipient's family. Following the Medicaid redetermination, Florida Healthy Kids saw enrollment increase by 50,000 members. It is unknown how many enrolled as a result of being dropped from Medicaid."



Parenting

[6 Not-So-Obvious Signs Your Kid Is Highly Sensitive](#)

From HuffPost: "Highly sensitive kids feel their emotions and surroundings deeply. But how do you know if your child has this personality trait? There are subtle day-to-day behaviors you can watch for that indicate they may be a highly sensitive child (HSC)."

[The 5-Letter Word Every Parent Needs to Use](#)

From Psychology Today: "For many parents, 'later' is a simple, neutral word. But for posttraumatic parents—those of us who carry the scars of childhood wounds—'later' can feel loaded. If you grew up in a home where your needs were dismissed, where "later" meant *never*, or where asking for something led to anger or rejection, then you might find yourself struggling to use this word with your own children."



Policy

[Ben Albritton Says Florida is in the Fight to Help Autistic Kids as Bill Clears Senate](#)

From Florida Politics: "The legislation could provide new resources to more than 20,000 Florida preschoolers diagnosed with autism and 66,000 school-age children, lawmakers said as SB 112 passed 38-0."



Pre-K & School Readiness

[How Early Relationships Fuel Brain Development and Learning](#)

From Early Learning Nation: "Children today often are raised in smaller, more isolated family units, with less access to extended family and community support. Playtime — a key driver of relational and cognitive development — has been reduced, as overscheduled lives and academic pressures dominate. Friendships are fewer, and technology increasingly intrudes on face-to-face interactions. Screen time often replaces the crucial human connections that build trust, empathy and relational skills."



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