

CAPMC HEAD START NEWSLETTER

JUNE 2024

Welcome to the Early and Migrant Head Start Programs! In this newsletter, you will find some brief information about the comprehensive services provided for children 0-5 years of age in Fresno and Madera Counties. Our program options are designed to provide the best educational quality for children and families. Below, you will find information about our services:



FAMILY ENGAGEMENT & EDUCATION

- Family Goals
- Strength & Needs Assessment
- Parent Curriculum & Parent Meetings
- Male Figure Participation
- Educational Workshops
- Policy Committee

CHILDREN'S EDUCATION

- Developmental, Linguistically & Cultural Activities
- Physical Development
- Social / Emotional Development
- Cognitive & Language Skills

DISABILITY & MENTAL HEALTH SERVICES

- Activities to promote positive self-worth, respect for individual differences and the ability to develop appropriate social skills. Work with children's IEP / IFSP goals.
- Assist children with emotional, cognitive and social development plus additional services.

HEALTH SERVICES

- Provide resources; if necessary, to ensure children has access to health and dental insurance, connected to medical provider and receives a complete age-appropriate health assessment.

NUTRITION SERVICES

- Our nutritious meals, snacks and menus exposes children to a variety of healthy foods.
- Through our family style meal service, children develop socialization, fine motor skills, learn personal hygiene, manners, how to serve food themselves, and learn to help with setup.

If you know someone who would like to register their children for Head Start, scan the QR code to complete an interest form or contact your Family Advocate or Center Director at your site.



PARENT RESOURCES

JUNE 2024

PYRAMID MODEL - STRATEGY OF THE MONTH

This month, we will share some tips on how to help your child transition smoothly between places and activities, such as:

- Using a timer, an instrument or a funny noise to give your child advance warning of routine transition events.
- Letting your child pick out a special object or toy to transition with to the next activity or place.
- Using a visual schedule to show your child the plan for the day.
- Singing songs as you transition.



For more information scan the QR code above.

NEIGHBORHOOD FARMERS MARKET



Every Thursday starting
June 13 until September 12, 2024
From 4 PM - 7 PM
Rotary Park 930 N Gateway Dr.
Madera, CA 93637

Market match offered here!

Payments Accepted:

- Cash, credit / debit cards
- CalFresh EBT, WIC & Senior Farmers' Market Nutrition program checks.

HEALTH & NUTRITION CLASSES

Learn more about the health and nutrition resources available in the community through CalViva Health Promoters.

Every Thursday from 9 AM - 10:30 AM

Parksdale Village Apartments
13549 Wood St. Madera CA

For more information call Adela Corona
(559) 660-2027

PROJECT FOOD BOX

California resident Medi-Cal members can qualify for a free weekly food box delivery of carefully selected produce, tailored to specific medical needs.

- The nutrition team will build the perfect box for you that could contain from 15 to 18 pounds of fruit and veggies.
- Medical members in Madera, Fresno and Kings counties are eligible. Call Today for more information (559) 226-9680 or scan the QR code.



BAILOTERAPIA AM

Dance Therapy for Fun, Health & Fitness for Free! In addition, you can sign up for classes on nutrition, diabetes, and more!

Panamericano Community Center
703 St. Madera, CA 93637

From 9 AM - 10 AM
Every Monday, Wednesday & Friday

For more information call Adela Corona
(559) 660 - 2027

BAILOTERAPIA SP

Dance Therapy for Fun, Health & Fitness for Free! In addition, you can sign up for classes on nutrition, diabetes, and more!

Sugar Pine Village Community Center
203 E. Lewis St. Madera, CA 93637

Every Tuesday from 6 PM - 7 PM

For more information call Adela Corona
(559) 660 - 2027