

# CAPMC HEAD START NEWSLETTER

August 2024

This month, we will share tips about families making time for leadership. Parents could become leaders and advocates that can influence state or national issues. Leadership can happen in your home, the Head Start or Early Head Start program, and within your community. You can join with others or consider being a mentor if you have more leadership experience. Small steps can lead to more significant steps. Here are some ideas to help you get started.

## If you have time you can:

- Stop and talk with your child's teacher. Share what you appreciate about them. Ask what you can do to contribute to the classroom.
- Ask your child's teacher about arranging a meeting with your child's future kindergarten teacher to prepare for that transition.
- Talk to other parents to find out what questions, concerns, or suggestions they have about the Head Start program. Ask program staff about opportunities to express these thoughts and ideas.
- Ask about the community issues that other parents are concerned about when you them at the park or other places. Brainstorm together about solutions and action steps.
- Find out who your legislators are. Follow them on social media to learn about their priorities for children and families.
- Contact your local representatives or senators to tell them what you think about current issues that important to you.



- Volunteer in your child's classroom or attend an event at your Head Start or Early Head Start program. Make suggestions or offer to lead an activity.
  - Join a Head Start Parent Committee or attend a Policy Council meeting to share thoughts and ideas about the program with program staff and community members.
  - Write a letter or email to the editor of your local newspaper, or post on social media, and express your concern about a community topic that needs more attention and action.
- Participate in your Head Start or Early Head Start program's efforts to influence State policy by sharing your story. If interested in getting involved with your program contact your child's classroom advocate.

For more information about this resource contact:  
PFCE@ecetta.info | 1-866-763-6481



# PARENT RESOURCES

August 2024



## PYRAMID MODEL - STRATEGY OF THE MONTH

This month, we will share some tips on how to help your child stop hitting and pushing:

1. Teach your child about their emotions. Notice and label a variety of feelings. For example, "I see that you are getting angry. Your hands are in fists and your face is scrunched up! You can tell me that you are mad, but you can't hit me."
2. Trace your child's hands on a piece of paper and place them in the wall. Teach her or him to push on the paper on the wall when they are frustrated or disappointed. With enthusiasm, tell them "You are getting out the frustration in your body! What a great way to deal with your feelings!"



For more information scan the QR code above.

### BRIGHTLIFE KIDS

Get support with the tough stuff and help your child thrive. No costs attached. No insurance required. No referrals needed.

Created by Brightline (an industry leader in pediatric mental health). Coaching is done in private, 1:1 video sessions and via secure chat.

Bilingual in English and Spanish coaching available. For more information scan the QR code.



### CALKIDS

Is a new California state program that provides free college funds to eligible families. California newborns can receive up to \$175, and public school students can receive up to \$1,500.

CalKids was created to help families jumpstart their college savings plan and improve access to higher education.

For more information scan the QR code and see if your child qualifies.



### TRIPLE P POSITIVE PARENTING PROGRAM

The Triple P - Positive Parenting Program is one of the most effective parenting programs. Available for parents or caregivers with children up to 12 years old.

Classes are in Spanish and available via zoom or in person at 325 South Pine St. Suit #103 Madera  
To register contact Carlos Reyes at (559) 416-5655

### FREE AIR PURIFIER

Now available for low-income households. Supplies are limited and one per address.

Must provide proof of address (driver's license or utility bill).

Apply online by scanning the QR code or call (559) 230-5800

