



# Early Head Start Coaching Corner



January 2024

## Happy New Year Family Facilitators

*We hope you enjoyed your well-deserved holiday break. Our wish is that you were able to spend quality time with loved ones, get an abundance of rest, be filled with peace and joy so that you feel refreshed and rejuvenated as you come back to serve in the important capacity that you do!*



Congratulations to one of our EHS Families for winning a beautiful decorated tree donated by the Head Start Director, Maritza Gomes-Zaragoza. It made the families holiday's a little brighter!

## Mental Health

Partnering with families to support their progress towards program and personal goals is rewarding but can be a little stressful too. In reality, you may witness the trauma and adversity many families experience which can affect your own wellness and work-life balance. It is important to take care of yourself because when you feel mentally, emotionally, and physically well, you are better able to engage families in positive and goal-oriented relationships.

ECLKC has created a self-care resource for home visitors please check it out below:

<https://eclkc.ohs.acf.hhs.gov/family-engagement/tips-support-family-services-staff-wellness/self-care-tips-family-services-professionals-home-visitors>

## IMPORTANT DATES

- January 12th- Socialization
- January 15th- Holiday
- January 22nd - Parent Meeting
- January 22nd- Team Meeting
- January 26th - Socialization
- January 29th - CLG



## Socialization



During socialization families were gaining a deeper understanding of Social Emotional Development (SED #3)

Families were asked to observe and notice how their child interacts in an increasingly competent and cooperative manner with familiar adults in their lives. The opportunity for playful interactions gave families insight into how their child is growing in this school readiness skill.

If you have any questions or need any support, please feel free to reach out to Julie Gowin (559) 507-8027 or email me: [jgowin@maderacap.org](mailto:jgowin@maderacap.org)

