



Employee Spotlight



Maria Lourdes Arreola

My Career Journey:

"At 20 years old, I started working as a Kindergarten teacher in Mexico. I moved to California and worked as an Instructional Aide in the Migrant program for 8 years. I transferred to the Regional program where I moved up to a Master Teacher for 19 years. The Family Facilitator position became available and I was interested, so I applied and have been working this position for 2 years and I hope to retire in this position. Altogether, I have worked for CAPMC for almost 30 years."

What do you enjoy most about working for the EHS program?

"This program opens the doors for me to share all my knowledge to help families in all areas from Education, Health, Nutrition, Family Partnerships and Disabilities. I love to make a positive change in the families that I work with."

"I am as busy as a bee, but enjoying what I do for the families I serve."

- I like to cook.
- Spend time with my grandchildren
- Listen to music.

"The sooner, the better!"

YOU'RE AWESOME

What does a day in the life of your job look like?

What is your favorite thing to do outside of work?

What is your favorite saying or inspirational quote?

Mental Health

Why self-care?

What benefits are in it for me?

Head Start California shared the results of a National Survey of Americans on the benefits of engaging in regular self-care practices.

64%- Enhanced their Self-Confidence.

67%- Increased Productivity

71% - Increased Happiness

These benefits are achievable, here are a few simple ways to get started:



Resources

Our socialization this month focuses on the areas of **ALT REG 4: Curiosity and Initiative in Learning**. ECLKC has a resource which may be helpful to support the families in learning to notice their child's skills and provide experiences which support this developmental domain.

<https://eclkc.ohs.acf.hhs.gov/school-readiness/effective-practice-guides/initiative-curiosity-do>

