

Fresno/Madera Migrant Seasonal Head Start



June 2024

Welcome Back Fresno Head Start

Looking forward to a great season!!



Building Relationships

"No significant learning occurs without a significant relationship."

How exciting the school year is upon us and relationships building is beginning. Start the year off right by getting to know your children, families and co-workers. Here are a few simple tips that will stimulate those positive connections.

Children



- Upon arrival, use a special greeting and playfully welcome the child to school.
- Ask them about their families, pets and favorite things.
- Acknowledge and discuss their feelings.

Families



- Greet them by name.
- Take family pictures and display them in the classroom.
- Share a piece of good news about their child on a daily basis.

Co-workers



- Greet them with a smile and positive attitude.
- Offer to help, *"Teamwork makes the Dreamwork."*
- Have conversation about the weather or weekend plan.
- Do some self-care activities together.



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Our Madera Program in Action!



Active Supervision

SIX STRATEGIES TO KEEP CHILDREN SAFE



Everyone has a responsibility to keep children safe!

To learn more, scan the QR code or click the link below.

<https://eclkc.ohs.acf.hhs.gov/safety-practices/article/active-supervision>



National Center on
Health, Behavioral Health, and Safety

SELF-CARE <<<<

Starling Minds Mental Fitness

24/7. Confidential. Proactive Digital Mental Health Support Built for You.



REGISTER

Access code: NHSAMEMBER
Access code for family members: NHSAFAMILY
Organization Name:
Community Action Partnership of Madera County

Mental Wellness is of the upmost importance especially for Head Start staff because due to the demands of our profession, many of us tend to prioritize the needs of others over our own wellbeing.

The National Head Start Association is providing us with a "FREE" digital mental health program called, "Starling Minds," which gives us access to a self-care resource right at our fingertips which makes self-care easy, practical and empowering.

Sign up today!!!!

We hope you enjoyed the resources, if you have any suggestions of topics you would like to learn more about please contact:
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