

CAPMC HEAD START

November 2024 Newsletter

This month, we will share information on teaching your child about feelings from birth to age two. It's important to remember that young children experience many of the same emotions adults do. Children can feel angry, jealous, excited, sad, silly, frustrated, happy and worried. These emotions are a normal part of their development. From birth to age 2, parents and caregivers play a big part in helping children learn about feelings. The most important thing they can do is meet their babies' needs, love and nurture them, and comfort them when upset. Below are some activities and strategies you can use with your child to help him or her begin to understand their emotions:

From Birth to 18 Months

- **Keep your baby close.** Put on some of your favorite music, pick up your baby, and gently sway to the beat. Gaze into your baby's eyes, smile at her, and hold her next to your body. Shared moments like these help build a strong bond between the two of you.
- **Read or tell stories about feelings.** Choose books with brightly colored illustrations or pictures and not too much text. Stories help your baby begin to understand emotions like frustration, anger, pride and joy. As you read, point to the faces in the book and for example say, "She looks excited. He looks surprised."
- **Make baby-safe puppets.** Cut some pictures of babies and adults from magazines or catalogs. Choose pictures that show a range of emotions. You can also use family photos. Glue these to sturdy cardboard and talk about the picture emotions as your baby gazes at it.
- **Play peek-a-boo.** Beginning at about 6 to 9 months, babies really enjoy peek-a-boo. Label your baby's feelings as you play: "Uh oh, where's Mommy? Here I am—Peeka-boo! Are you surprised? Are you happy to find Mommy?" Games like peek-a-boo are also ways you can practice separations, reassuring your child that "I might go away, but I come back."



From 18 Months to 2 Years

- **Use pretend play as a chance to talk about feelings.** Your young toddler is just beginning to play pretend. You can help her develop this important skill by using a doll or stuffed animal in your play. Ask your child, "Doggie is sad because he fell down and got a bump. What can we do to make Doggie feel better?" This helps your child think about others' feelings, a quality called "empathy."
- **Make a cozy place in your home.** Just like adults, children sometimes need time alone to calm down. Give your child a space to do this by piling up some soft cushions and blankets and adding a few stuffed animals and favorite stories. You can even get a large moving box, cut a door, and create a toddler-size "cozy room." Encourage your child to use this place when he is feeling overwhelmed or just wants some quiet time.
- **Help your child understand their feelings and behavior.** When you can make connections between your child's temperament and feelings, it helps them learn about themselves. For example, you might say to a child who has a hard time moving between activities, "It's hard for you to get ready for nap right after we finish lunch. Your body needs time to relax after playing and eating. I will help you settle down and start to feel sleepy. Let's choose a story and get cozy." Over time this helps your child learn to manage situations that are challenging for them.

PARENT RESOURCES

November 2024

Pyramid Model - Strategy of The Month

This month we will share some brief tips on how to help your child understand and label emotions. Try the following at home:

- Simply state how your child is feeling. "You look really excited! I see your eyes are big and your mouth is open."
- State how others are feeling, "Wow, that little boy is really mad. I see he is crying and making fists with his hands. I wonder why?"
- State how you are feeling. "I am really frustrated that the lawn mower is broken. I think I'm going to take a break and come up with some solutions to this problem."



For more information scan the QR code above.

Head Start Celebrations

Congratulations to the following parents for dedicated hours attending parent meetings:

Orange Cove

- B. Garcia
- P. Garcia
- M. Canchola
- A. Rosa Juarez
- A. Flores
- P. Garcia
- F. Duran
- P. Ortega
- J. Garcia

Inez C. Rodriguez

- J. B. Casillas
- A. Ramos
- U. S. Ramirez
- J S. Ortiz Agabo
- R. V Morales
- Five Points**
- M. Angeles
- V. Villalobos

Selma

- J. Gallegos
- M. Gallegos
- L. Vitervo
- Vasquez
- E. Gonzalez
- Y. Jimenez
- G. Garcia

Congratulations to the following parents for viewing the most videos in the Ready Rosie platform:

Five Points

- V. Villalobos - 50

Firebaugh

- D. Pina-Pina - 80



Holy Family Table

The Holy Family Table is a soup kitchen that is open for breakfast from 8:00 am to 9:30 am, seven days a week, every day of the year. The Table provides a nutritious meal, free of charge, to anyone who is hungry-regardless of age, religion, race or ethnic background. All in need are welcome. No questions asked.

Griffin Hall
201 North C Street in downtown Madera.

For more information visit the link below:
<https://www.sjoachim.org/hft.html>

Are you in need of food?

Central California Food Bank has a food locator in their website. Scan the QR Code below to find food distributions in your area.

