

CAPMC HEAD START NEWSLETTER

FEBRUARY 2025

This month, we will share information on how to cope with grief. There is no right or wrong way to grieve, regardless of the loss you have experienced. Dealing with the loss of someone or something you love is one of life's biggest challenges. While grieving is often associated with bereavement—the death of a loved one, which typically brings about the most intense grief—any form of loss can lead to feelings of grief. By understanding the types and stages of grief, you can discover healthier ways to cope.

WHAT IS GRIEF?

Grief is a natural and normal reaction to death. It is a healthy response to various situations, such as the loss of a loved one or pet, separation or divorce, miscarriage, injury, disability, or job loss. When we lose someone we care about, we inevitably experience grief. This response has been a part of the human experience throughout history. Grief is observable in every culture, though some cultures address this experience more openly than others. It is important to recognize that grief is not only an emotional reaction; it is also a physical, spiritual, and intellectual experience.

HOW TO DEAL WITH THE GRIEVING PROCESS?

1. Acknowledge your pain.
2. Accept that grief can trigger many different and unexpected emotions.
3. Understand that your grieving process will be unique to you.
4. Seek out face-to-face support from people who care about you.
5. Support yourself emotionally by taking care of yourself physically.
6. Recognize the difference between grief and depression.

TAKING CARE OF YOURSELF AS YOU GRIEVE

- Face your feelings
- Express your feelings in a tangible or creative way.
- Try to maintain your hobbies and interests.
- Don't let anyone tell you how to feel, and don't tell yourself how to feel either.
- Look after your physical health.

TIPS FOR SUPPORTING GRIEVING KIDS

- Listen first by being supportive with self-awareness about how you communicate.
- Invite more sharing by showing desire to understand and continuing to showing up.
- Ask questions, do not assume. What is good for you may not be good or helpful to someone else. So, just ask.
- Be patient and encourage helps with the daily rebuilding process for creating a new routine and sense of normalcy.

SUPPORT / RESOURCES

The helpline in the U.S is the following: Crisis Call Center at 775-784-8090

Scan the QR Code on the right to find more information about grief.



PARENT RESOURCES

FEBRUARY 2025

PYRAMID MODEL – STRATEGY OF THE MONTH

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

- Read books about being sad. Talk with your child about what the character is feeling and experiencing and come up with ideas that might help.
- Share with your child times when you felt sad.
- Notice and label when you, your child or others are sad. You might say: About yourself, "I'm feeling really sad that Grandma went home. Maybe I'll call her."

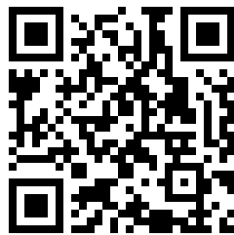


For more information scan the QR Code above.

FATHERHOOD CLEARINGHOUSE

The National Responsible Fatherhood Clearinghouse is an Office of Family Assistance (OFA) funded national resource for fathers, practitioners, programs / Federal grantees, states and the public at-large who are serving or interested in supporting strong fathers and families.

Scan the QR code to learn more about Fatherhood Clearinghouse and to find further information.



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 session and via secure chat.

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



CENTRO BINACIONAL

Centro Binacional for the Development of the Oaxacan Indigenous People was created by and for Indigenous communities in rural California to organize and make sure communities' culture, languages, and knowledge are recognized and respected by the systems and institutions that impact our lives.

For more information scan the QR Code.



"QUESTION OF THE MONTH"

What is artificial intelligence (AI)?

Artificial intelligence (AI) refers to computer systems capable of performing complex tasks that historically only a human could do, such as reasoning, making decisions, or solving problems. Today, the term "AI" describes a wide range of technologies that power many of the services and goods we use every day.

For more information scan the QR code.

