



APRIL 2025





CAPMC HEAD START NEWSLETTER

This month's newsletter emphasizes the crucial role that a nurturing home plays in fostering healthy development. Creating a supportive environment at home is not just beneficial; it is essential for promoting emotional well-being in young children, paving the way for their future success. The long-lasting advantages of such an environment are profound. To help your children thrive, we present six impactful steps that can enhance their emotional health, build resilience, and inspire a love for learning in a caring home atmosphere. Let's invest in their brighter future together!

1. Ensure Safety and Security

Children thrive in an environment where they feel safe and secure. A strong, nurturing home environment allows young children to explore, learn, and even make mistakes while knowing they have a trusted adult to rely on. Responding to their needs for comfort and affection – especially when they are sad, upset, or scared – helps children regulate their emotions and builds confidence in their caregivers.





2. Show Love and Nurturing Care

Every family expresses love differently. Some say "I love you" often, while others show affection through actions. No matter the method, creating a nurturing home environment means ensuring children feel loved and valued. A strong foundation of emotional support builds their confidence and resilience.


3. Set Age-Appropriate limits and Expectations

Young children, especially toddlers, are still developing self-regulation skills. Rather than using shaming or punitive discipline, parents can help guide their children's behavior in supportive ways such as offer appropriate alternatives ("You can't throw your toy truck, but you can throw this soft ball.") or establish clear, consistent rules when needed. Also, stay calm and composed, as children learn emotional regulation by observing how adults handle stress.





4. Use Routines to Create Predictability

A predictable home environment helps children feel safe and secure such as daily Routines like consistent mealtimes, bedtime rituals, and morning schedules allows children to understand what comes next, reducing stress and anxiety. In addition to daily routines, family traditions such as Saturday pancake breakfasts, weekly visits to the park, or Sunday dinners with extended family strengthen family bonds and create lasting memories that contribute to a child's emotional well-being.





5. Make Time for Fun and Connection

Spending quality time together fosters a supportive home environment for child growth. Whether it's playing, reading, or sharing a meal, prioritizing fun and connection builds strong family relationships. Cognitive development in toddlers also benefits from playful interactions, which encourage learning through exploration and engagement.

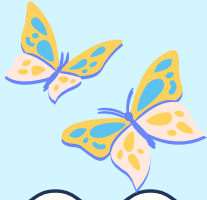


6. Encourage Open and Respectful Communication

Strong families prioritize healthy communication. While disagreements happen, teaching children how to express their thoughts and emotions respectfully helps them develop strong interpersonal skills. A home where children feel heard and valued promotes emotional resilience and strengthens family bonds.



APRIL 2025



PARENT RESOURCES



PYRAMID MODEL STRATEGY OF THE MONTH

This month we will share some brief information about how to plan activities to reduce challenging behavior. You can plan activities to teach your child important skills such as:

- Telling your child exactly what to do by using your words.
- Using a visual schedule will help them understand what is expected.
- Intentionally create situations where he or she can practice the desired behavior.
- Catch your child being good! When your child is using the desired behavior, you can encourage them by responding with enthusiasm.



Scan the QR code for more information.

MADERA EARTH DAY EVENT

April 19th, 2025
MCCJ Community Garden 611 E. 4th Street

10 AM - 1 PM

Youth Activities, Music, Food Truck, Local Vendors and Raffles.

For more information call (559) 507-9644



MADERA COUNTY CHILD ABUSE PREVENTION RESOURCE FAIR

April 17th at the Madera Court House Park
4:30 PM - 6:30 PM

The first 100 people will receive a free hot dog, chips and water!

There will be raffles, music and fun!

For more information contact:
maderacap@mccapc.com



2025 CHOWCHILLA'S EASTER EGG SCRAMBLE

City of Chowchilla Edward Ray Park
15th ST & Sonoma Ave

April 12, 2025 from 9 AM - Noon
Many Fun Activities, Easter Bunny Photos, VFW Easter Pancake Breakfast and More!
The egg scramble starts at:

- 10 AM 3 yrs old & younger
- 10:20 AM 4-5 yrs old
- 10:40 AM 6-7 yrs old
- 11 AM 8-9 yrs old
- 11:20 AM 10-12 yrs old



QUESTION OF THE MONTH

What is Cyberbullying?



Cyberbullying is bullying or harassment that happens online. It can happen in an email, a text message, an online game, or on a social networking site. It might involve rumors or images posted on someone's profile or circulated for others to see.

Help prevent cyberbullying by talking to your kids about bullying. Also, recognize the signs of a cyberbully by checking your child's social networking pages.