

CAPMC HEAD START NEWSLETTER

JUNE 2025

This month, we will share information about the significance of a father or male figure in a child's life. Father or male figure involvement provides innumerable benefits for child well-being, starting prenatally and lasting into adulthood. Engaged fathers or male figure enhance cognitive skills, reading proficiency, and self-esteem in their children. They also play a crucial role in reducing the risks of poor birth outcomes, poverty, and food insecurity, as well as addressing behavioral issues.

The following are ways you could engage with your child:

1. PLAY

Play with your child. It is a great way to spend time with them.



2. FOLLOW

Follow your child's interests and encourage exploration and discovery.



3. TALK

Talk with your child about what they are doing and learning.



4. LISTEN

Listen to your child when they talk about their feelings and ideas.



5. READ

Read to your child at night creates an atmosphere of bonding, love, and awareness.



6. BE YOUR CHILD ROLE MODEL

Be your child role model; children always watch what adults do. They see how you handle events in life.



FOR MORE INFORMATION ON FATHER OR MALE FIGURE ENGAGEMENT VISIT THE WEBSITE FATHERHOOD.GOV



PARENT RESOURCES

JUNE 2025

PYRAMID MODEL STRATEGY OF THE MONTH

This month, we will share some brief information on providing positive feedback and encouragement to your children:

Verbal Encouragement

- “You are working so hard on...”
- “You must feel proud of yourself for...”
- “Thank you for helping me...”
- “What a great listener you are, you...”
- “Great job remembering to...”

Nonverbal encouragement also works! Try...

- Giving a hug
- A thumbs up or wink
- Clapping
- Smiling
- A happy dance



Scan QR Code for more information

CalHOPE

A groundbreaking new program offering free, safe, and confidential mental health support to young people and their families across the state. There is a peer-run crisis warm line offering free, confidential emotional support to Californians. Reach out by a call, text, or scan the QR code for more information.

(833) 317-HOPE (4673)



FREE & CONFIDENTIAL MENTAL HEALTH SUPPORT

Connect with a trained Soluna coach whenever you need someone in your corner. Whether you're looking to talk right now or want to schedule ahead, coaches are available for you. Get judgment-free support on your terms — absolutely free, no insurance needed.

Scan the QR code for more information about Soluna and how to download the app.



BRIGHTLIFE

Personalized support for California families. Kids ages 0–12 get free, expert coaching for sleep issues, worry, social skills, and more. Live, 1:1 video sessions, secure chat, on-demand content, and more. No cost. No insurance needed. All right from home.

Scan the QR code for more information or call (888) 275-5357 to get started.

