



December 2013

Parent Engagement Communicator

Dear Parents,

As the winter approaches, we may not have as many opportunities to be outside with our children to enjoy the warmth of the sun and the breeze in the park as we have had in the Summer and Fall. Nevertheless, there are so many opportunities to enjoy the warmth of your home and spend quality time indoors with your children, as you watch them grow and develop.

Some of the wonderful ways you can spend quality time with your children is by reading to them and doing cooking and baking activities. Doing activities together can help you to raise positive, happy, secure children. Remember, **Safety** is a critical factor. **Please review the handout on safety.**

December's calendar of parent events offers exciting opportunities to learn about **Raising Positive, Happy Children** and ways to foster a positive parent-child relationship. Please join us for a series of 3 workshops this month with **Devorah Weinreb**.

- **Tuesday, December 10, 2013**
- **Tuesday, December 17, 2013**
- **Tuesday, December 24, 2013**

Workshops will take place at **1257 38 St., 4th floor**, from **11 AM – 12 PM**.

Parents have the greatest opportunities to help develop a love for reading in their children. Please call in to our **teleconference** on **Fostering a Love for Reading**, presented by **Daniella Dvash, LMSW**. All listeners will be entered into a raffle for a **\$25 gift certificate** to **Funthinks**, for an educational toy. The raffle will be held Thursday,



January 2, 2014. The number to call is **712-432-3131**, access code: **58182085**. *Congratulations to Mrs. E. Lichter on winning the \$25 gift certificate from our November teleconference.*

- Feel free to call our **confidential parenting hotline**, hosted by **Dr. Eliezer Kaminetzky**, Director of Mental Health at **718-686-3501**.
- Sleep is important for your health. Take a look at the grid below and see if you and your child are getting enough.

Average Sleep Needs by Age	
Newborn to 2 months old	12-18 hours
3 months to 1 year old	14-15 hours
1-3 years old	12-14 hours
3-5 years old	11-13 hours
5-12 years old	10-11 hours
12-18 years old	8.5-10 hours
Adults (18+)	7.5-9 hours

- Please be advised that **Home Energy Assistance Program (HEAP)** applications are now being processed at the following locations:
 - *Boro Park Community Council*, located at 4912-14th Ave. 718-972-6600
 - *COJO of Flatbush*, located at 1550 Coney Island Ave. 718-377-2900
 - *Crown Heights Community Council* 387 Kingston Ave. 718-778-8808
 - *Staten Island HEAP field office* 2031 Forest Ave. 800-692-0557 (*HEAP office is located in the lobby of National Grid*).

The HEAP program is designed to help low income households pay their winter energy bills.

We look forward to your participation in all our Parent Engagement opportunities and activities.

Sincerely yours,

Libby Chein

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PFCE Coordinator