



February 2015

Parent Engagement Communicator

Dear Parents,

Learning to build an everlasting relationship is important for building a secure parent-child bond, which supports the development of resilient, confident and independent children - qualities which foster a positive social and academic experience. As a parent, you may have been faced with a challenging situation and you were not sure how to handle it. Learning some key elements to rising above challenging situations can be very useful.

Yeled V'Yalda presents a series of workshops for **fathers** on **Relationships- Keeping the Links on the Chain Attached**. The workshops will be given by the renowned **Rabbi Moishe Steisel** and the personal coach **Chaim Kompel**. The workshops will be held at **1265 38th St.** from **10 PM til 11:30 PM**. The dates for the series of workshops are as follows: **February 5, 12, 19, 26** and **March 5, 2015**. *All fathers are encouraged to attend. Your children are counting on you. YOU can make a difference!!*

A **Wondoughful** event is rising at Yeled V'Yalda with the famous, humorous and beloved **Devorah Heller**. Please join us for a Challah baking workshop on **Wednesday, February 18, 2015** at **1257 38th St., 4th floor** from **11 AM til 1 PM**. An event you **doughn't** want to miss! There will also be a presentation about "Rising Above Challenging Situations".

February is "**National Children's Dental Health Month**". Developing good habits at an early age and scheduling regular dental visits helps children get a good start on a lifetime of healthy teeth and gums. Find out some fun tooth facts in the attached article, "**Chew on This**".

The Health Department and the Human Resources Administration (HRA) is reminding New Yorkers that they may qualify for a **health insurance plan** available through the **Affordable Care Act** at no cost. To sign up for health insurance before the open enrollment period ends on **Feb. 15, 2015**, please call **The Yeled V'Yalda Navigators** to assist you at **718-686-2188**.



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February is also “**American Heart Month**”. You can make healthy changes to lower your risk of developing heart disease. Heart disease can often be prevented when people make healthy choices and manage their health conditions. Here are some suggestions to lower your risk:

- ✓ Watch your weight.
- ✓ Quit smoking and stay away from secondhand smoke.
- ✓ Control your cholesterol and blood pressure.
- ✓ If you drink alcohol, drink only in moderation.
- ✓ Get active and eat healthy.

An ounce of prevention is worth a pound of cure.

Please be reminded that **Home Energy Assistance Program (HEAP)** applications are now being processed in your neighborhood. The program will close when funds run out. The HEAP program is designed to help low income households pay their winter energy bills. If you did not apply yet and would like to, please do so as soon as possible.

Please note that parents are always welcome to observe and participate in all planned activities at our centers. You can be helpful and assist as a **classroom volunteer** and by offering special services to the children such as **playing music, reading books and baking** with them. Please take advantage of this unique opportunity which will be special for your child and a great learning experience for you. Please call your child’s school to schedule a volunteer session. Your voluntary services are most appreciated and will be exciting for your child!

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

Sincerely yours,

Libby Chein

Libby Chein
Parent, Family Community
Engagement Coordinator