



January 2013

Parent Engagement Communicator

Dear Parents,

As the winter approaches and the seasonal flu is in the air, we need to look for ways to maintain the health and well being of our children and families. Medical experts recommend flu vaccinations for children ages 6 months through 18 years as well as for adults who wish to reduce their likelihood of getting the seasonal flu.

The everyday stresses we encounter, significantly impact our health and wellness as well. You can learn to manage everyday stress with a little foresight, self control and planning. The **Stress Management Workshops** we will have this month, features approachable strategies to help you balance your emotions and eliminate stress along with practical solutions to deal with your emotions productively.

Exercise is another great *stress buster*. We encourage you to join our **fitness program**. Head Start parents are welcome to use the Yeled V'Yalda Fitness Center once a week, **FREE of charge**. Make a resolution for the New Year and take this opportunity to improve your health and reduce stress. The **Fitness Center** can be reached at **718-686-3788**.

During the month of **January 2013**, we have several educational workshops for parents which will help you crystallize your parenting skills.

- The **Stress management workshop**, led by **Esti Frank**, is a 3 series workshop which will be held this month on 3 consecutive Wednesdays; **January 2, 9 and 16, 2013**. It will be held at **1257 38th St. on the 4th floor** from **11 AM - 12 PM**. In order to benefit the most from the workshops, it is highly recommended that participants join all 3 classes.



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- Our series of **parenting workshops**, led by **Devora Weinreb** is continuing. Our topic “Learn to Build a Trusting and Honest Relationship with your Child” offers you the opportunity to learn about building a secure parent-child bond, which supports the development of resilient, confident, and independent children-qualities which foster positive social and academic experiences. Our next **Parenting Group** will meet on **Monday, January 14, 2013** from **11:30 AM - 12:30 PM** at **1257 38 St., 4th floor**.
- **Please note: In case of severe weather, please call Shoshi Schapiro, Parent Involvement Coordinator, at 718-514-8656 for date change of workshops.**

KEEP IN MIND

The cold weather in January brings an increased risk of carbon monoxide poisoning. Symptoms of exposure to the odorless, colorless, and life threatening fumes include headache, nausea, dizziness and shortness of breath. Be sure to have a carbon monoxide detector installed in your home and check the battery periodically. For your safety, never use a gas range, oven or clothes dryer to heat your home.

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

Sincerely yours,

Libby Chein

Libby Chein
Parent, Family Community
Engagement Coordinator