



January 2014

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, as well as simple day to day pain, can impact our health and wellness significantly. You can learn strategies to manage everyday pain with a little foresight, self control and planning.

- The **Mind- Body Connection Workshop** we will have this month features the **Dr. Sarno** method, of learning to be in charge of your emotions vs. your emotions taking charge of you. It will be presented by a licensed clinical psychologist of Rusk Institute, **Dr. Kirsten Fliegler**. There will also be a presentation by **Ezra Medical Center** on **Dental Hygiene- Preventive Care is the Best Cure**. The workshop will be held on **Wednesday, January 15, 2014 at 1257 38th St. on the 4th floor** from **11 AM until 1 PM**. Attached is helpful information on **Preventing Tooth Decay in Children**.
- **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. Enjoy the handout on **"Adding Fitness to Everyday Life"**. The **Fitness Center** can be reached at **718-686-3788**.



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- Some people find knitting a perfect way to relax. Join our **Knit One Purl Two** workshop on **Wednesday, January 29, 2014** from **11 AM – 1 PM** at **1257 38 St., 4th floor**. You will learn basic knitting stitches from an instructor. Yarn and knitting needles will be provided, however, feel free to bring your own. You will learn to prepare a project that you will be proud of.
- *Reminder: Receive a raffle ticket at each YVY workshop you attend. Collect as many as you can throughout the year for a chance to win exciting prizes.*
- **Please note: In case of severe weather, please call 718-686-3565 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