



May 2016

Parent Engagement Communicator

Dear Parents,

Spring is the perfect time for new beginnings and they are there for the taking if we just reach out and grab them! Life is filled with all kinds of new beginnings so you can start with a journal and fill it with all of your goals and dreams for the future. Begin a new hobby that you have wanted to do, but have never gotten around to it. Volunteer for a cause that matters to you. Always have a book to read and read something new continuously.

The children at Yeled V'Yalda Head Start are also having a new beginning. They started the school year so young and small and they have grown physically and cognitively since then. With new beginnings and new innovative ideas, we will continue to see the children growing even more as they enjoy the many new seasonal activities that provide hands-on experiences and stimulate their overall development.

May 8 is Mother's Day. Spend the day engaging with your child/children as you play outdoors with them. Playing with your child promotes wholesome child growth and development. It allows children to explore their environment, develop muscle strength and coordination, and increases self-confidence. Opportunities for social interactions increase as children play together cooperatively and successfully.

May 2-8, 2016 is National Children's Book Week. It is the annual celebration of books for young people and the joy of reading. Take the time to read to your child as often as you can. The rewards will be positive. Please read the attached articles, **How to Help Your Child Choose a Good Book**, to learn age-appropriate tips and **Why Reading to Your Preschooler is Important**.

May is **National Mental Health Awareness Month** which raises awareness about mental illness and related issues. It allows people to speak up about their own experiences, and share their point of view with others who may be struggling to explain what they are going through. Sharing is the key to breaking down the discrimination and stigma surrounding mental illnesses, and to show others that they are not alone in their feelings and their symptoms. Please contact the family worker at your site if you would like to speak with our Mental Health Consultant.

Please join us for a fun hands-on activity with **Chani Heller** on **Wednesday, May 18, 2016 at 1257 38th St., 4th floor from 11:00 AM – 1:00 PM.** Learn to **Make Your Own Accessories with Simple Items**. This workshop is open to Early Head Start and Head Start mothers only! Please remember to *bring along your own scissors.*

Great opportunity for **FATHERS to Become a Really Great Father**. Join with **Rabbi Yaakov Salomon, LCSW** for a round table discussion on tips and ideas for fathers on how to see things from a different perspective. This will be a 4 part workshop on **Thursday nights from 8 PM to 10 PM at 1265 38 St. on May 12, 19, 26 and June 2, 2016.**

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

Sincerely yours,

Libby Chein

Libby Chein
Parent, Family, Community Engagement Coordinator

