



Institute of Community Services, Inc.
Project Head Start Preschool

Parent Engagement Newsletter



We can't wait to see you!

**MOM'S ACTIVITY DAY &
RIF DISTRIBUTION**
will be in March.

**PARENTS END OF YEAR
ACTIVITY DAY**
will be in April or May.
Contact your child's pre-
school for more information.

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*Cooperation means work-
ing together.

*Your child is learning
about cooperation. Learning
takes time.

*Cooperation needs patience
and encouragement.

*You and your child can
solve problems by talking
together.

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How Can I Help My Child Cooperate to Solve Problems?

Who Owns the Problem. Ask yourself these four questions.

1. Are my rights being disrespected?
2. Could anybody get hurt?
3. Are someone's belongings threatened?
4. Is my child too young to be responsible for this problem?

If the answer to any of these questions is "yes," then you own the problem. If the answer to every question is "no," then your child owns the problem. If you own the problem, you need to take action. If your child owns the problem, you might want to let your child handle it. Or you might want to help your child solve it. Children learn more about cooperation when they feel that you value their feelings and wishes.

Keep It Simple. Often, you can give a simple choice:

"If you want to play at Juana's, you need to pick up your toys first."

"Can you two solve this problem fairly, or do you need to stop playing now?"

Set Needed Limits. Stay respectful as you explain the limits: "When someone is here talking with me, I won't play with you. You may ask a short question if you need me. But I won't be spending time with you while my friend is here." Children need to know what will happen if they don't respect the limits: "If you interrupt when I'm talking to my friend, I'll take you to your room." **The child needs to know that you mean what you say.**

Explore Alternatives. Talk the problem through with your child. You take the time to listen, talk, and agree about a way to solve the problem.

Family Meeting. Help children learn to cooperate by holding regular meetings. Meetings will work best if they are brief and take place at least once a week. Use the brief family meetings to: share good feelings, have fun together, make decisions about family issues, give encouragement, and talk about problems.

Source: Systematic Training for Effective Parenting

APPLY NOW FOR EARLY HEAD START & HEAD START PRE-SCHOOL FOR THIS FALL!

Contact Family Services at your local Head Start Pre-School to get an application packet.

- ICS wants to reach out to fathers during recruitment. We want engaged mothers and fathers.
- Parent conversations are important in building relationships.
- Both parents may attend meetings on applications and be involved in the family partnership process.

The health and safety of your child is always an ICS priority! Pedestrian safety/street safety, safe classrooms, buses, buildings and campus safety are what ICS strives to always provide.

Coming Soon!

STEAM Classroom

S - science
T- technology
E - engineering
A - art
M- math

Our first pilot STEAM Classroom will be located at the Marjean T. Myatt Head Start Preschool in Holly Springs, Mississippi.

“A child’s life is like a piece of paper on which every person leaves a mark.”

Chinese Proverb

What kind of mark are you leaving?

www.TheParentingSkill.com

5 Things

Happy Parents Do Differently

- | | | |
|-------------------------------------|---|---|
| #1 - Active Listening | ➤ | <i>Listen to hear by repeating and clarifying what you heard</i> |
| #2 - Model Positive Behavior | ➤ | <i>Model what you want to see to stop the behaviors you don't want</i> |
| #3 - Show Empathy | ➤ | <i>Give your child the gift of understanding how they feel without judgment</i> |
| #4 - Practice Self-Care | ➤ | <i>Taking care o yourself gives you space to care for others</i> |
| #5 - Act Like A Human | ➤ | <i>Be okay with your own process and show that it's okay to be imperfect</i> |



Take the Long View

Remember, your child is learning cooperation slowly, over time. You are learning new skills too. Be patient with your child—and yourself. Through your example and practice, you can make a relationship that teaches respect and cooperation.

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“Making Small Miracles A Great Success”