



WEEKLY UPDATE | February 1, 2021

Dear Child Start staff:

Our agency will be attending the UCLA Health Care Institute's upcoming training, *Strategies to Promote Resilience and Wellness for Head Start Staff Through a Trauma Informed Lens*. This new training is designed to support our agency's ongoing program efforts and activities to better incorporate a trauma-informed approach with a specific focus on promoting resilience and wellness for staff. As we all know, a trauma-sensitive and responsive organization is imperative to supporting our families and each other to promote resilience and healing and insure we are delivering the best possible services to them. As part of our participation, there is this one assessment we are asking you to complete. It is completely anonymous and only the overall results of the survey will be shared with us.

Trauma Informed Care Assessment – A combination of the Professional Quality of Life Scale (ProQol) and the Secondary Traumatic-Stress Informed Organization Assessment. The ProQol measures the positive and negative effects of working with people who have experienced extremely stressful events and the Secondary Traumatic Stress Informed Organization Assessment is used to evaluate the degree to which an organization is secondary traumatic stress-informed and is able to respond to the impact of secondary traumatic stress in the workplace. Completion time – 5 minutes. https://www.surveymonkey.com/r/HCITIC_StaffSurvey

Please complete each survey by Wednesday, 2/10/2021 to allow UCLA enough time to analyze our results. Again, the surveys are completely anonymous.

Thank you for your attention to this effort. The more responses we have, the better we will be able to understand your needs.

Debbie Peralez

Executive Director

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Human Resources Department

As part of the Child Start Family you have access to a wide array of resources with our Claremont Employee Assistance Program (EAP).

These resources include Mental Health Support, Legal Services, Financial consultation, Work/Life Services, Positivity Center, and self-Care resources.

Click the link below and browse the resources of your interest:

<https://www.claremonteap.com/resource-centers/>



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5 Skills We Need for the Year Ahead



Humility- In 2020, we were humbled by the coronavirus. Humility makes us question our assumptions and opens us up to other people's ideas. It is a first step in self-compassion; when we have a modest view of ourselves, we see our flaws more easily and can judge ourselves less harshly. This can be helpful in dealing with personal setbacks. Gratitude and a greater sense of connection with others can follow.



Compassion- Around the world, COVID-19 brought tremendous suffering, and we felt the pull of compassion: a sense of empathy and desire to take action. We were inspired by essential workers and first responders moving toward danger to help. To feel compassion, one must witness the suffering of others—and that simple acknowledgement is a humanizing act. In 2021, we can rely on compassion as a source of inspiration and energy to move forward.



Awe- Awe is the feeling we get in the presence of something vast or beautiful that challenges our understanding of the world. In 2020, those special vacations didn't happen, contributing to the sadness many of us experienced. Awe makes us feel more alive, more humble, more generous, and less self-centered. Awe can be cultivated simply by walking slowly and looking more carefully at the surroundings for wonder and beauty. An "awe walk" in nature can generate positive emotions and greater sense of social connection.



Purpose- Purpose is an intention to achieve a long-term goal that is personally meaningful and makes a positive mark on the world. In 2020, many of us found purpose in teaching our kids or caring for neighbors or in political and social activism. Living with purpose requires stating our purpose. When the purposeful work we do becomes routine, we can fail to appreciate it. We all need reminders of why we do what we do, and what larger values it serves. If the pandemic has given you a deeper sense of what's important, now is a good time to think about how you can serve those interests moving forward.



Love- One of the few bright sides of 2020 was the greater sense of shared humanity that many of us developed—and, a deeper concern for others and awareness of our need for connection. We can advocate for what we now know—that an open-hearted, connected world is a healthier one. Love as defined by researcher Barbara Fredrickson is a moment-to-moment experience of warm, mutual caring that we feel with any person—even strangers—in everyday interactions. According to her research, our brains are wired to look for this love and if we have this mindset, we can see the world as a source of expanding connectedness and well-being.

Source: **Dr. Leif Haas** of the [Greater Good Science Center](https://www.greatergoodsciencecenter.org/)



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Information Technology Department

Cybersecurity For Remote Work

Working from home? When you're thinking about how best shift from the cubicle to your home office, keep cybersecurity in mind. Your home devices don't have the IT systems in place your company does. Learn tips to overcome that challenge in this course.

Please watch this helpful 5 minutes video self-study course.



[Cybersecurity for Remote Work.](#)

Remember that you will need to log in with your personal employee PAYCOM credentials.



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This Week's Trivia Question



What project began as a result of the civil rights struggle and was designed to fight the war on poverty?



Submit your answers by sending an email to:

lpineda@childstartinc.org By Thursday February 4, 2021.

Last week's trivia Question answer:

Who founded the National Association for the Education of Young Children?

If your answer was Patty Smith Hill You are right!!

Patty Hill - Composer

Patty Smith Hill was a composer and teacher who is perhaps best known for co-writing, with her sister Mildred Hill, the tune which later became popular as "Happy Birthday to You".

She was an American nursery school, kindergarten teacher, and key founder of the National Association for Nursery Education which now exists as the National Association For the Education of Young Children. (NAEYC)

"Children are likely to live up to what you believe of them."

- Lady Bird Johnson -



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