



CELEBRATING HEAD START's 56 YEARS

Head Start is committed not just to the children it supports, but to their parents too. Each program engages parents as equal partners with their child's teacher and helps families address their immediate needs while giving them support as they plan for future goals. At NHSA, we are proud to support programs in engaging parents. Our new Empowered Parents & Families initiative is designed to provide expanded opportunities for parents and families to learn, grow, and connect with other parents and families across the nation. Every month, we will host a live webinar with nationally renowned speakers, dedicated to supporting parents in creating encouraging home environments and enhancing their relationships with their children.



<https://www.nhsa.org/empowered-children-and-families>

Stay CONNECTED WEEKLY UPDATE




Information Technology Department

iPhone Replacement

The I. T. Department continues issuing new iPhones to replace users' old iPhones.

To accommodate the new iPhone roll-out, users will have to **book a 30-minute appointment with IT** by going to: [calendar/iphoneReplacement@childstartinc.org/bookings/](https://calendar.iphoneReplacement@childstartinc.org/bookings/)

(Please refer  [to this link](#) for instructions on how to book an appointment)

- IT Staff **WILL NOT** TRANSFER your data (photos & videos, Contacts, Messages, etc.) from your old phone to your new phone.
 - Please refer  [to this link](#) for instructions on how to upload and save your data to iCloud.
 - Please make sure that your data has already been uploaded and saved to iCloud **PRIOR TO YOUR APPOINTMENT**.
- Dates available for appointments: **May 17th – June 17th**
- Time slots available: **10:00AM – 3:00PM, MONDAY through THURSDAY**
- To all Employees who will be assigned new iPhones, a bit of clarification regarding the accessories that come with the new iPhone
 - The new iPhone comes with a charging cable (Lightning to USB-C) but it **DOES NOT** come with a charging cube that is compatible with USB-C.
 - Your existing charging cable and cube for your old iPhone **WILL STILL WORK** with your new iPhone so keep your existing charging cable and cube. IT Staff **WILL NOT** provide a new USB-C charging cube.
- **PLEASE BACKUP YOUR DATA to iCloud** before IT replaces your old phone and issues you your new phone.



Stay CONNECTED WEEKLY UPDATE



Like us on
Facebook



Follow us on
Instagram

#Child_Start_Inc



Website: www.childstartinc.org



Contact: Luis Pineda
707-333-1874



Email: lpineda@childstartinc.org

Stay CONNECTED WEEKLY UPDATE



Human Resources Department

EAP Virtual Brown Bag Seminars

Claremont EAP Virtual Brown Bag seminars are one-hour, facilitated discussions delivered on your organization's video conferencing platform. Our sessions engage your employees and managers around 35 different topics such as: mindfulness, stress management, communication skills, and work/life balance. (Given the Coronavirus pandemic, Claremont EAP will happily resume regular in-person Brown Bags once we feel it is safe to do so.)

CLAREMONT
IBH

Helping you be your best.



Read more next page



Website: www.childstartinc.org



Contact: Luis Pineda
707-333-1874



Email: lpineda@childstartinc.org



Virtual Brown Bags

Claremont EAP Virtual Brown Bags are one-hour, facilitated sessions provided on your organization's video conferencing platform. Virtual Brown Bags are designed to provide your employees and managers with a quick and practical overview of important topics such as: mindfulness, stress management, emotional intelligence, communication skills, and work-life balance.



Please note: Cancellation requires 5 business days advance notification, or the session will be forfeited or billed to the organization.

Objectives

EAP Virtual Brown Bag sessions are designed to build awareness. The sessions will energize and educate your team members while providing a fun and engaging learning environment. Your professional facilitator will be selected based on your expressed needs, goals and schedule.

When a little time needs to go a long way, Claremont EAP Virtual Brown Bags will:

- Strengthen team communication
- Accommodate busy schedules
- Achieve synergy in staff interactions
- Allow participants to focus on a few key features or skills
- Identify future training needs

EAP Brown Bags Include

- One hour of delivery by a professional facilitator for up to 25 participants via video conferencing.
- Electronic materials are provided to group contact in advance of session.
- Group contact is responsible for:
 - Inviting up to 25 participants
 - Inviting facilitator as co-host
 - Sending materials to participants
 - Collecting evaluations
 - Troubleshooting any technical issues
- Brief pre-session introduction with the facilitator via phone
- Brief post-session review with your Claremont Account Manager

Getting Started

At Claremont EAP, your Account Manager has two simple goals:

1. to make scheduling these Virtual Brown Bags easy for you and...
2. to make you look good when they are delivered.

■ Contact your Account Manager at 800-834-3773 to determine how many EAP Virtual Brown Bags your organization has this year.

■ Choose from 35 practical and engaging EAP-related topics.

■ Schedule your EAP Virtual Brown Bag today.

Please note that topics and terms are subject to change without notice. In addition, not all topics are available in all locations.



Prioritizing Positivity:

Dignity 101

Dignity is the notion that all human beings have value and worth. Learn about the 10 essential elements, violations of dignity, and most importantly, the power of honoring other people's dignity in this session.

Resilience: Strengthening Our Reserve

Resilience is the ability to survive trauma and bounce back from stressful situations. Resilience is important for overall well-being and effectiveness at work and in life. Learn important tips and practices in this self-reflective session.

Introduction to Mindfulness

Mindfulness means paying attention with compassion, curiosity and acceptance. In this session, discover how to live in the present in an enjoyable way rather than worrying about the past or future.

Mindfulness at Work

Mindfulness is a mental discipline that can enhance your work experience. From stress management to improved focus and decision-making – this session will offer practical techniques to help you integrate increased awareness into the workplace.

The Pursuit of Happiness

Happiness is the experience of joy or contentment, combined with a sense that life is good, meaningful, and worthwhile. Happiness can improve all areas of our lives – this session will show you how to cultivate it with scientifically-proven practices.

The Attitude of Gratitude

One way to cultivate happiness and well-being is to practice gratitude. Gratitude allows us to celebrate and magnify the goodness in our lives. Participants in this session will learn the benefits and practices of this healthy approach to life.

Attitude is Everything: Creating a Positive Attitude

Picture a rose bush in full bloom. What did you envision first: the roses or the thorns? Positive thinking is a choice. This session offers tips to make the choice toward success. Learning from adversity, fears and mistakes will be addressed.

Confidence: Being Your Best at Work and Beyond

A strong sense of self-worth equips us to be successful in all areas of life. This Brown Bag provides participants with tips to enhance confidence inside and outside the workplace such as effective public speaking and positive thinking.

Compassion at Work: Sign Me Up!

Compassion at work helps us interact and collaborate more effectively. We will review the benefits and strategies of compassionate acts like perceptive engagement to enhance individual and group performance.



Call toll-free, 24/7
800-834-3773
claremonteap.com



Helping you be your best.



Health and Wellness

Assess Your Stress: Tips for Stress Management

Stress is detrimental to productivity and personal health. This Brown Bag highlights the sources of stress and teaches practical solutions for maintaining composure in stressful situations.

Preventing Burnout in the Helping Professions

Burnout is a state of emotional and physical exhaustion caused by excessive and prolonged stress. Learn tips to prevent burnout so that you manage the stress, the stress doesn't manage you.

Cheers Not Tears: Dealing with Holiday Stress

The holidays should be a time of celebration and enjoyment but often can be stressful. Relationships and finances can become strained. This Brown Bag discusses useful tips for keeping it all in perspective so the holidays can be a time of joy.

The Art of Forgiveness

Forgiving someone (as well yourself) can be one of the most difficult challenges we face. Participants will learn how to confront and let go of grievances. Tips for offering effective apologies and learning from mistakes will also be covered.

Keeping Your Cool When Things Get Hot: Tips to Control Anger

Anger is a normal, usually healthy, human emotion. But when it gets out of control, it can lead to problems. This Brown Bag reviews basic tips for mitigating anger in the moment – and for expressing anger in an effective way.

Enhancing Your Emotional Intelligence

A person can have book smarts and street smarts – but that doesn't mean they have emotional intelligence. Enhance your understanding of the emotional landscape (particularly empathy) among others and within yourself.

Understanding the Introversion Extroversion Spectrum

Do you prefer to read in the quiet library or the noisy cafe? Introversion and extroversion are two of the most exhaustively researched subjects in personality psychology. Come learn more about yourself and the people around you.

Healthy Sleep Habits

Can't sleep? Not sleeping soundly? This session provides a general overview of the sleep cycle and offers practical tips to help you feel refreshed, energized, alert, and ready to take on a new day.



Call toll-free, 24/7
800-834-3773
claremonteap.com

Please note that topics and terms are subject to change without notice. In addition, not all topics are available in all locations.

Stay CONNECTED WEEKLY UPDATE



Family Services Department

IMPORTANT REMINDERS

20-21 Parent Surveys are now available!

PLEASE CONNECT WITH EACH PARENT to ensure they received the link below and have completed the parent survey this week. This is not an anonymous survey, and the goal is to have EVERY parent complete this survey so we can gather data on our services for the 20-21 school year!

<http://ccr-analytics.com/Child-Start-FOS-Survey>



Child Start - Family Outcomes Survey

1/12



8%

Select Survey Language

Select a language at the top of the page.

Selecione un idioma en la parte superior de la página.

在页面顶部选择语言。

Press Next to continue.

Next



Website: www.childstartinc.org



Contact: Luis Pineda
707-333-1874



Email: lpineda@childstartinc.org

This Week Trivia Question



Which one of the following is Not a creative development of a three-year-old?

- A) Dramatizes Play B) Imaginary companion may appear,
C) Likes to be alone listening to music D) Enjoys simple poems



▶ Submit your answers by sending an email to:

lpineda@childstartinc.org By Thursday May 27, 2021.

Last week's trivia Question answer:

Which parenting style creates children who are able to self-regulate, self-control, are socially/emotionally stable, have high self-esteem and can problem solve efficiently?

- a) **Authoritative**
b) Authoritarian
c) Permissive
d) Militant

If your answer is a) **Authoritative. You are CORRECT!!**

- **Authoritative is the most recommended style by child-rearing experts. The parent understands the child's feelings and helps the child to find an appropriate way to self-regulate. Parents set limits with reason, never arbitrarily ("because I said so!")**

"Education is not the learning of facts, but the training of the mind to think."

- Albert Einstein -



Website: www.childstartinc.org



Contact: Luis Pineda
707-333-1874



Email: lpineda@childstartinc.org