National Head Start Association ✔
@NatlHeadStart

Sleeve Up for Head Start

COVID-19 Vaccine Awareness Campaign
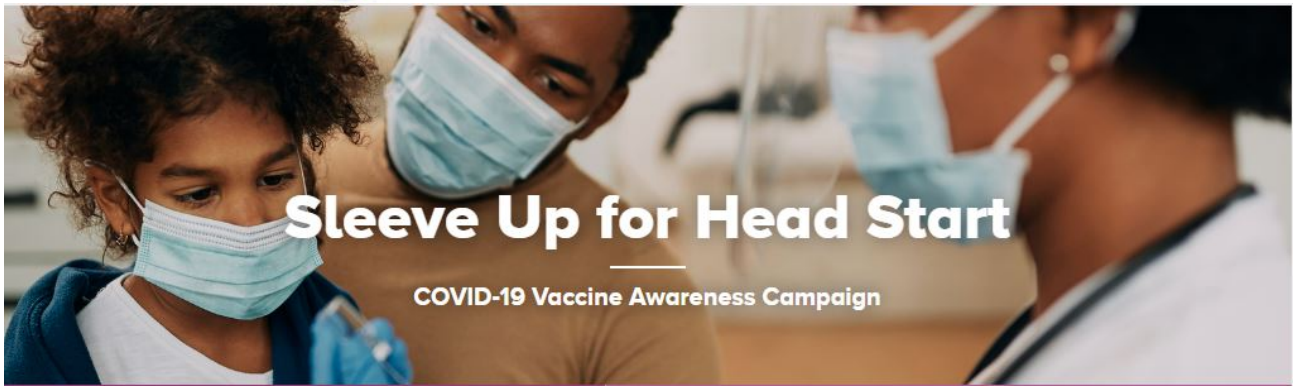
Head Start's Unique Role in Mitigating the Spread of COVID-19

Head Start has done an exceptional job supporting children and families safely during the COVID-19 pandemic. Now, as vaccines are becoming more widely available, including for all Head Start and Early Head Start staff, protecting our communities' health through vaccination is an important next step. As Head Start staff and families navigate the personal medical decision of vaccination, NHSA seeks to equip our community with the tools needed to make informed decisions and share information within their own networks.

The Sleeve Up for Head Start campaign encourages members of the Head Start community to learn about the COVID-19 vaccine, identify and address vaccine hesitancy with empathy and cultural understanding, and share personal experiences around receiving the vaccine.

Join other Head Start staff who are helping make their communities a safer place, one vaccination at a time, by using the hashtags: #SleeveUpforHeadStart and #SleeveUp4HeadStart.

Read More ---→ https://www.nhsa.org/coronavirus/sleeves-up-for-head-start/

Information Technology Department

How to blur and change your backgrounds In Zoom, and Microsoft Teams

Let's say you have a meeting on a video conference platform, but your normal work-from-home space is occupied, or worse, a mess. You have no time to clean it up, or find a neutral, privacy-maintaining space to set up, and panic sets in. Don't worry—you have options to hide the space behind you: background blurring.

This easily toggleable option can keep your space private, or render messy rooms fuzzy, and it's available in Zoom, Microsoft Teams right now. This article from TechRepublic shows you how.

Continues on next page

HOW TO BLUR YOUR BACKGROUND IN A ZOOM CALL

This simple Zoom trick can protect your privacy or hide a messy room from coworkers during your next video conferencing call.

Let's say you have a Zoom meeting, but your normal work-from-home space is occupied, or worse, a mess. You have no time to clean it up, or find a neutral, privacy-maintaining space to set up, and panic sets in. Don't worry—you have options built right into Zoom to hide the space behind you: background blurring.

This easily toggleable option can keep your space private, or render messy rooms indeterminably fuzzy, and it's available in Zoom right now.


Image: iStock/fizkes

HOW TO BLUR YOUR ZOOM BACKGROUND BEFORE A MEETING

If you don't want to use a virtual background during a Zoom call, there's no reason you have to show off your personal space. With Zoom open, click on the gear in the upper-right of the window, which will open the Settings window.

With Settings open, click on Backgrounds And Filters. On the screen that appears simply click Blur and watch the world behind you dissolve into an amorphous haze (**Figure A**).
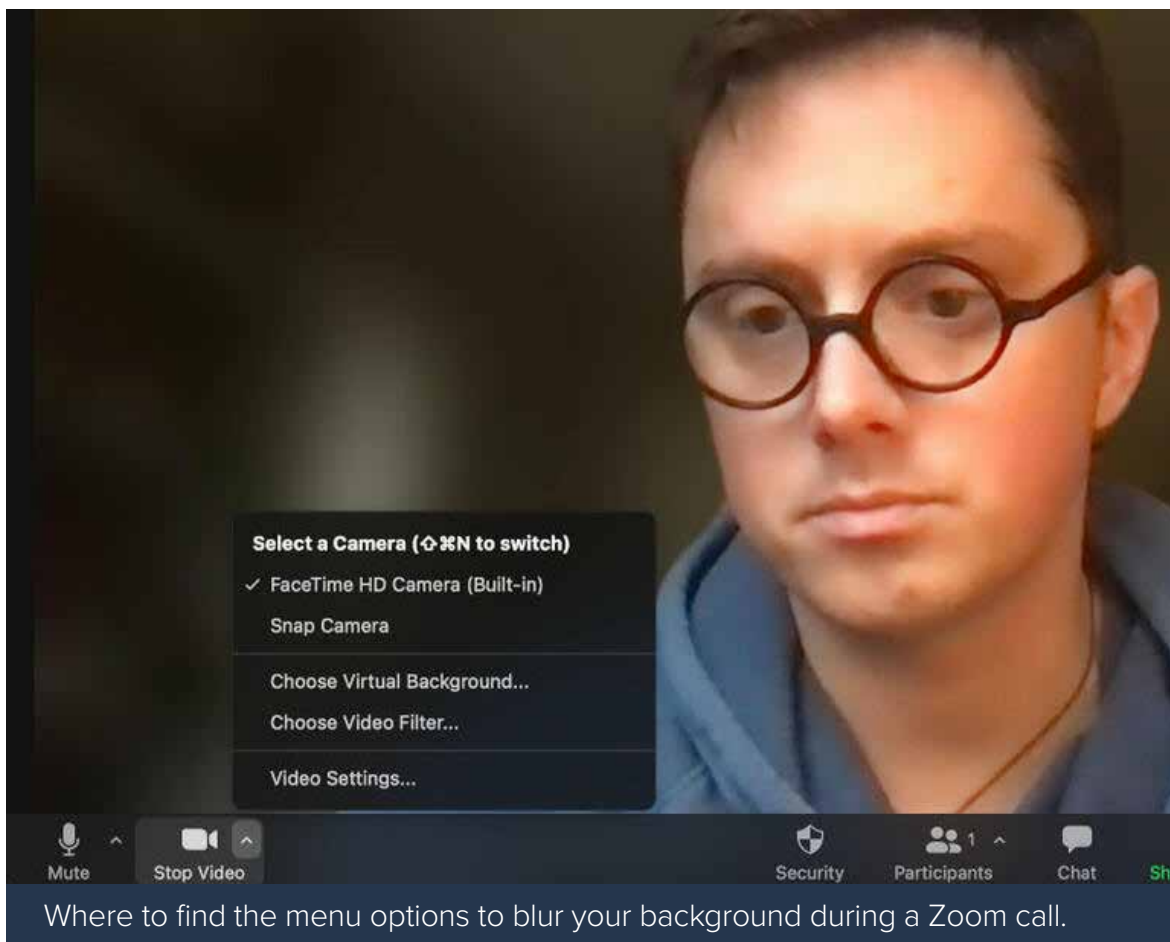
Figure A
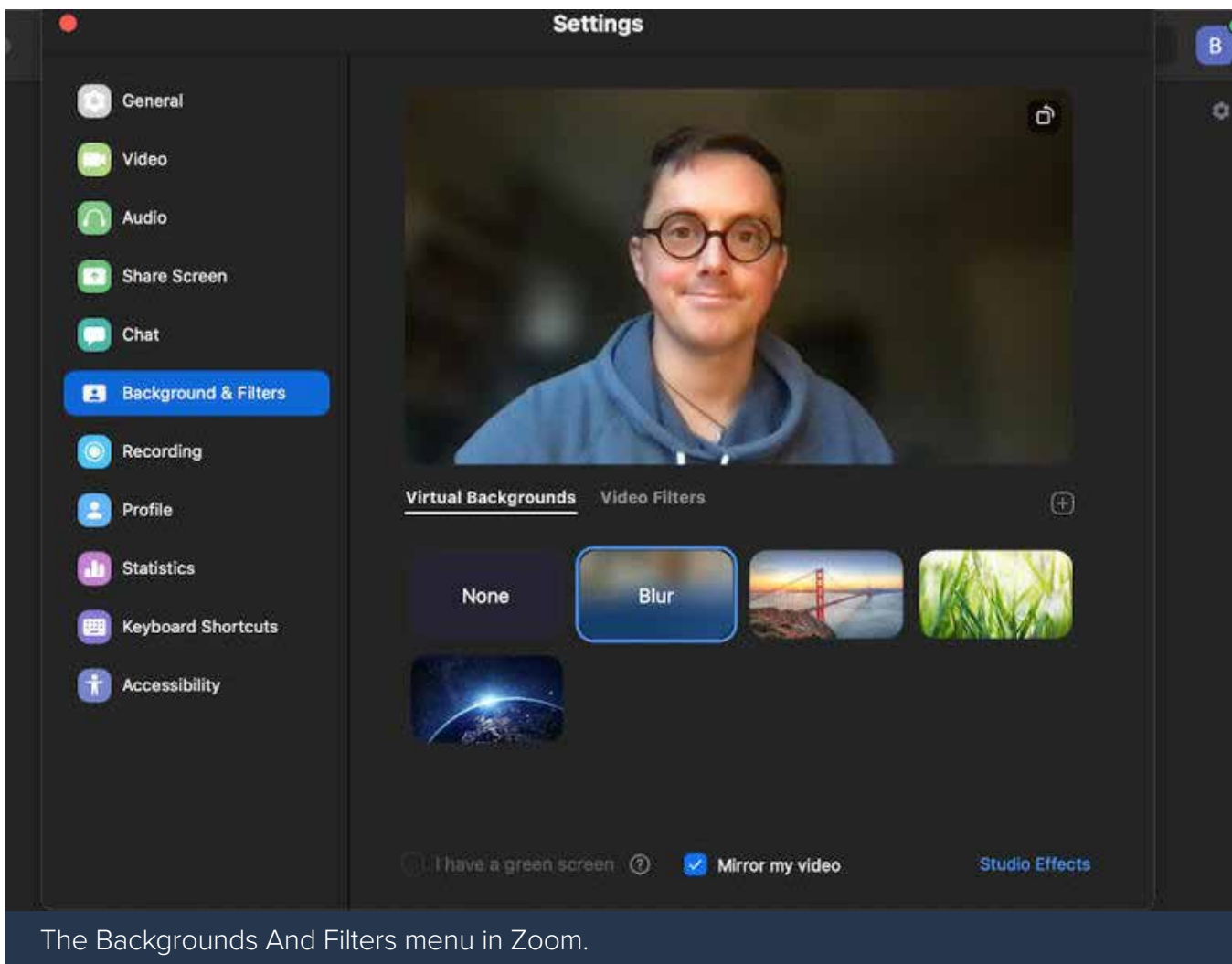
The Backgrounds And Filters menu in Zoom.

HOW TO BLUR YOUR ZOOM BACKGROUND WHILE IN A MEETING

If you decide you want to blur the background mid-call you're in luck, as that's a simple task as well.

From the main meeting screen, look to the bar on the bottom (you may need to move your mouse to make it appear), where you should see a button labeled Stop Video with a small up arrow in the corner. Click the arrow, and then click on Video Settings (**Figure B**).

Figure B

Where to find the menu options to blur your background during a Zoom call.

The screen that appears is the same Settings menu from **Figure A**, so click on Backgrounds And Filters and select Blur just as shown in **Figure B**. Close the menu and you should see yourself with a blurred background in your current meeting.

HOW TO BLUR AND CHANGE YOUR BACKGROUND IN MICROSOFT TEAMS

If you want to disguise the room behind you in a Microsoft Teams meeting, here's how to change the virtual background.

Zoom has been the digital meeting app of choice for many users lately, but security woes are forcing it to face up to stiff competition from the likes of apps like Microsoft Teams. With its full-featured collaboration tools like team chats, file sharing, one-on-one video calls and video conferencing, Microsoft Teams is a force to be reckoned with not just for Zoom, but for other alternatives as well—and it has a robust free tier that anyone can sign up for.

If you're new to Microsoft Teams, you might be a bit flustered by its layout—it's a complicated app that offers a lot of various features, and those features can be confusing.

One of the hottest features of video conferencing apps like Zoom is the ability to change your background. It's great for disguising messy rooms, non-work spaces or just maintaining a bit of privacy, and Microsoft Teams offers the feature as well—no green screen required.

Turning this feature on is a snap, if you follow these directions. In this tutorial I use Microsoft Teams for macOS, but the Windows version works nearly identically.

With Microsoft Teams open, navigate to the Teams tab (**Figure A**). This is the area where you can chat with coworkers, as well as start a new meeting and join an existing one. If someone else on your team starts a meeting, you'll see an option to join right in the team chat window, but for the sake of this demonstration, and to turn your own background on for future calls, we'll start our own meeting.
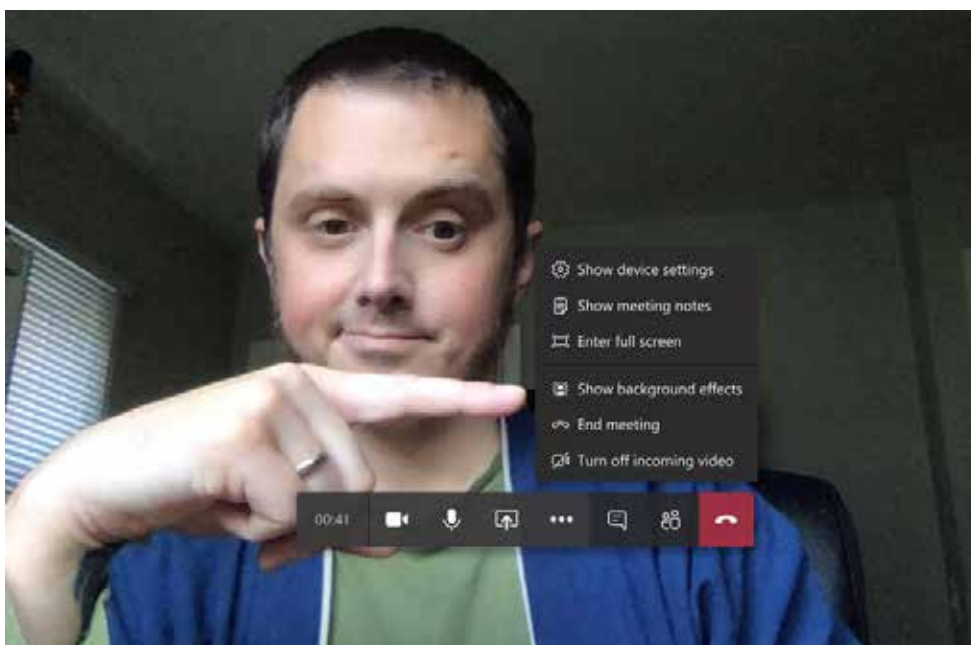
Figure A
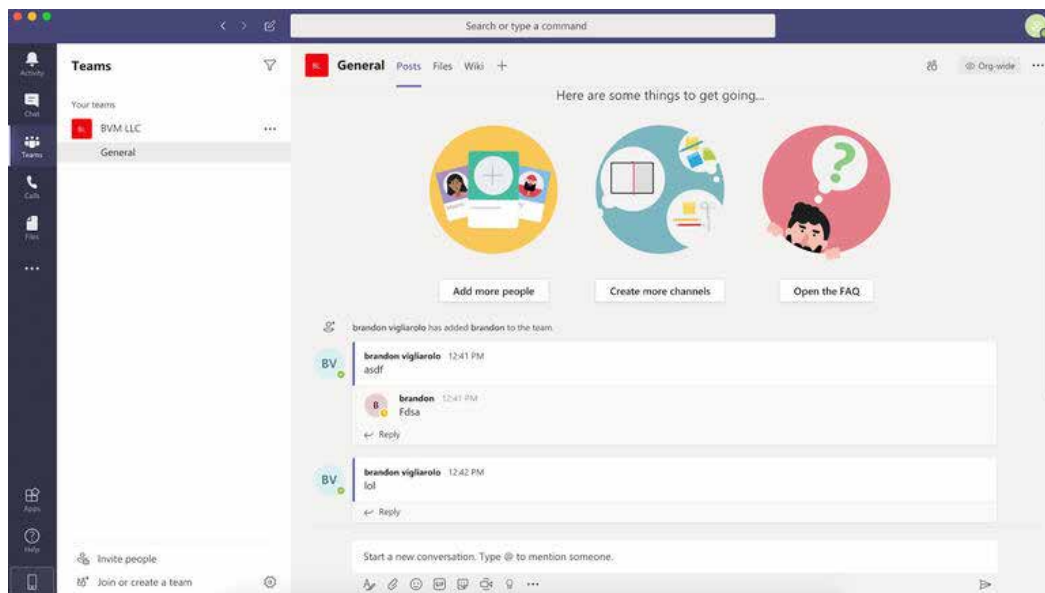
Starting a meeting is different than starting a call—for a call, you'd switch to the Calls tab on the left side of the Teams app. For a meeting, you'll stay in the Teams tab and look to the upper right of the window, as in **Figure B**, where you'll see the Meet button and a small camera icon. click on that and follow the steps to launch a meeting.

Figure B
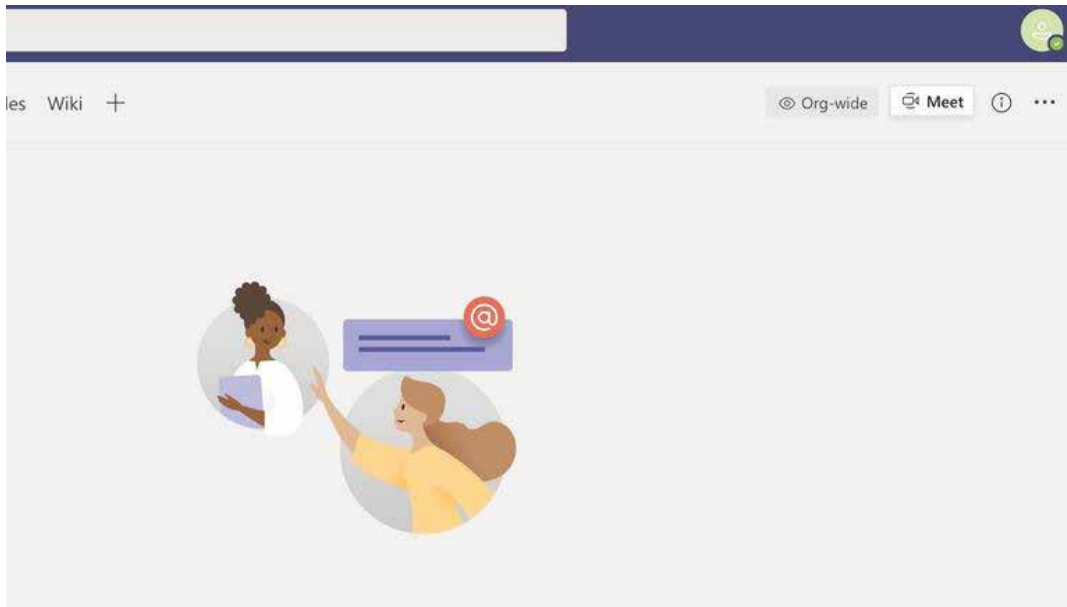
With the meeting launched, look at the menu bar that appears a little below center on the video screen. Click the three dots to open the menu, and then click Show Background Effects (**Figure C**).

Figure C

The backgrounds window will appear on the right side of the screen—scroll through all the options Microsoft has provided, apply the virtual background or blurring option you want (**Figure D**), and carry on with your meeting.

Figure D

Microsoft Teams now allows for custom backgrounds. The process to change your background is the same whether you're hosting a meeting or participating, and it works in a regular call the same way. It's a bit more difficult if you're already in a call with other people—for now there's no way to center your view on your personal video, so you're stuck making changes to your background using the tiny thumbnail that appears in the bottom right of your screen.

ERSEA Department

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ERSEA Department

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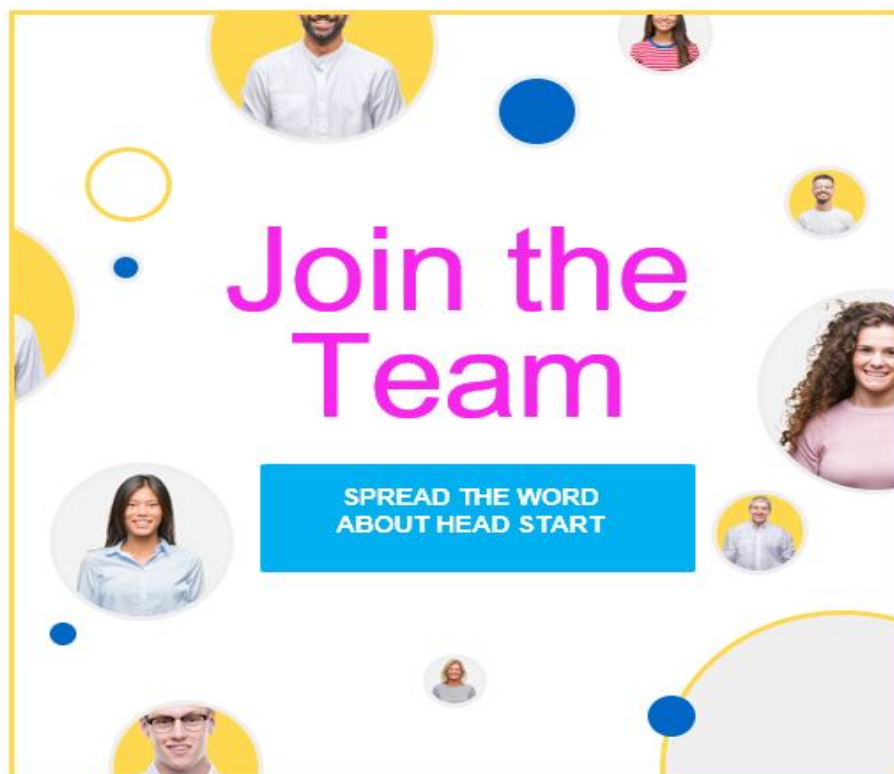
Family Services Department

Have you heard the term Triple P?

The Triple P – Positive Parenting Program ® is a parenting and family support system designed to prevent – as well as treat – behavioral and emotional problems in children and teenagers. It aims to prevent problems in the family, school and community before they arise and to create family environments that encourage children to realize their potential.

Triple P draws on social learning, cognitive behavioral and developmental theory as well as research into risk factors associated with the development of social and behavioral problems in children. It aims to equip parents with the skills and confidence they need to be self-sufficient and to be able to manage family issues without ongoing support.

And while it is almost universally successful in improving behavioral problems, more than half of Triple P's 17 parenting strategies focus on developing positive relationships, attitudes and conduct.

Triple P is delivered to parents of children up to 12 years, with Teen Triple P for parents of 12 to 16 year olds. There are also specialist programs – for parents of children with a disability (Stepping Stones), for parents going through separation or divorce (Family Transitions), for parents of children who are overweight (Lifestyle) and for Indigenous parents (Indigenous). Other specialist programs are being trialled or are in development.

Read More about Triple P - Positive Parenting Program key research findings on next page
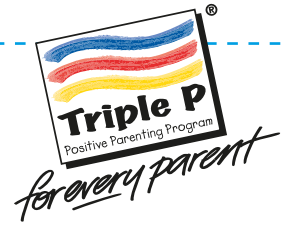
Triple P -
Some key research findings

Here is a selection of some of the key findings:

- **In the US, Triple P has been shown to cut rates of child abuse, reduce foster care placements and decrease hospitalizations from child abuse injuries.**
  Prinz, R.J., Sanders, M.R., Shapiro, C.J., Whitaker, D.J., & Lutzker, J.R. (2009). Population-based prevention of child maltreatment: The U.S. Triple P system population trial. *Prevention Science*, 10(1), 1-12.

- **Triple P reduces problem behavior in children and improves parents' wellbeing and parenting skills.**
  Nowak, C. & Heinrichs, N. (2008). A comprehensive meta-analysis of Triple P-Positive Parenting Program using hierarchical linear modelling: Effectiveness and moderating variables. *Clinical Child and Family Psychology Review*, 11, 114-144.

- **In communities where Triple P is widely available, children have fewer behavioral and emotional problems.**
  Sanders, M.R., Ralph, A., Sofronoff, K., Gardiner, P., Thompson, R., Dwyer, S., & Bidwell, K. (2008). Every Family: A population approach to reducing behavioral and emotional problems in children making the transition to school. *Journal of Primary Prevention*, 29, 197-222.

- **Parents using Triple P say they are less stressed, less depressed and don't use harsh discipline.**
  Sanders, M.R., Ralph, A., Sofronoff, K., Gardiner, P., Thompson, R., Dwyer, S., & Bidwell, K. (2008). Every Family: A population approach to reducing behavioral and emotional problems in children making the transition to school. *Journal of Primary Prevention*, 29, 197-222.

- **Parents of children with Autism Spectrum Disorders using Stepping Stones Triple P report they are more satisfied as parents, their children's behavior has improved and their relationship with their partner is better.**
  Whittingham, K., Sofronoff, K., Sheffield, J. & Sanders, M.R. (2008). Stepping Stones Triple P: An RCT of a parenting program with parents of a child diagnosed with an Autism Spectrum Disorder. *Journal of Abnormal Child Psychology*. 37(4), 469-480

- **Parents with an intellectual disability using a modified version of Group Triple P report an improvement in their parenting practices and their child's behavior, and less distress. Parents also report high satisfaction with the information and support they received.**
  Glazemakers, I. & Deboutte, D. (2012). Modifying the 'Positive Parenting Program' for parents with intellectual disabilities. *Journal of Intellectual Disability Research*. Advance online publication. doi: 10.1111/j.1365-2788.2012.01566.x

- **UK parents who watched a reality television series (*Driving Mum and Dad Mad*) which showed other parents using Triple P, feel more confident in their parenting, less angry and less depressed than before watching the series. They also say their children's behavior improved as a result.**
  Calam, R., Sanders, M.R., Miller, C., Sadhnani, V., & Carmont, S. (2008). Can technology and the media help reduce dysfunctional parenting and increase engagement with preventative parenting interventions? *Child Maltreatment,* 13(4), 347-361.

- **Triple P reduces disruptive child behavior problems in Chinese families living in Hong Kong.**
  Leung, C., Sanders, M.R., Leung, S., Mak, R. & Lau, J (2003). An Outcome evaluation of the implementation of the Triple P – Positive Parenting Program in Hong Kong. *Family Process,* 42(4), 531-544.

- **The cost of offering Triple P throughout a community in the US would be recovered in a single year if it brought about a (modest) 10 percent reduction in cases of child abuse and neglect.**
  Foster, E.M., Prinz, R.J., Sanders, M.R., & Shapiro, C.J. (2008). The costs of a public health infrastructure for delivering parenting and family support. *Children and Youth Services Review*, 30, 493-501.

Additionally, Triple P has been tested and shown to be effective in many culturally and ethnically diverse populations around the world. Here are some of the results:

- **Iran**
  Tehrani-Doost, M., Shahrivar, Z., Gharaie, J.M. & Alaghband-Rad, J. (2009). Efficacy of Positive Parenting on Improving Children's Behaviour Problems and Parenting Styles. *Iranian Journal of Psychiatry and Clinical Psychology,* 14(4), 371-379.

- **Hong Kong**
  Leung, C., Sanders, MR., Leung S., Mak, R. & Lau, J. (2003). An Outcome evaluation of the implementation of the Triple P – Positive Parenting Program in Hong Kong. *Family Process*, 42(4), 531-544.

  Leung, C., Sanders, M.R., Ip, F. & Lau, J. (2006). Implementation of Triple P – Positive Parenting Program in Hong Kong Hong: Predicators of programme completion and clinical outcomes. *Journal of Children's Services,* 1(2), 4-17.

  Crisante, L. & Ng, S. (2003). Implementation and process issued in using Group Triple P with Chinese parents: preliminary findings. *Australian e-Journal for the Advancement of Mental Health,* 2(3), 226-235.

- **Japan**
  Matsumoto, Y., Sofronoff, K. & Sanders, M.R. (2007). The Efficacy and acceptability of the Triple P-Positive Parenting Program with Japanese parents. *Behaviour Change*, 24(4), 205–218.

- **Switzerland**
  Bodenmann, G., Cina, A., Ledermann, T. & Sanders, M.R. (2008). The efficacy of the Triple P-Positive Parenting Program in improving parenting and child behavior: A comparison with two other treatment conditions. *Behaviour Research and Therapy,* 46(4), 411-427.

- **Indigenous Australians**
  Turner, K.M.T, Richards, M., and Sanders, MR. (2007). Randomised clinical trial of a group parent education programme for Australian Indigenous families. *Journal of Paediatrics and Child Health*, 43(6), 429-437.

More research findings, publications and journal articles can be viewed at
http://www.pfsc.uq.edu.au/publications/evidence

▶ **What do the red stripes on the Head Start logo symbolize?**

▶ Submit your answers by sending an email to:
lpineda@childstartinc.org By Thursday November 4, 2021.

Last week's trivia answer:

What's the name of the book written by Bill Martin and Illustrated by Eric Carle?

If your answer is Brown Bear, Brown Bear, What Do You See? Wow! You've nailed it!

First published in **1967**, this book is beloved for its brightly colored art by Eric Carle and simple, rhyming text by Bill Martin Jr.

> **"A good teacher must be able to put himself in the place of those who find learning hard."**
>
> **- *Eliphas Levi-***