



WEEKLY UPDATE | November - 29 - 2021



Family Support & Well-being

How Does Domestic Violence Affect Children and Families?

It is important to remember that the impacts of domestic violence may look different for every individual and family. Research shows that all [young children who experience domestic violence](#) are affected. Children may experience different effects depending on exposure and genetic and environmental buffers. Therefore, it is important to partner with parent and child survivors to tailor your support.

Young children's response to experiencing domestic violence depends on a number of factors, including age, severity of the violence experienced, gender, temperament, and access to protective factors.

[Protective factors](#) are conditions or attributes of individuals, families, communities, or the larger society that mitigate or eliminate risk and promote well-being. The presence of stronger [protective factors](#) in families increases the probability of achieving positive outcomes, even in the face of adversity.

Domestic violence can affect [children's ability to learn and grow](#). It can lead to developmental delays, inability to manage their emotions, impaired ability to focus, and trouble learning (The National Child Traumatic Stress Network, n.d.).

Young children from birth to age 5 who witness or experience domestic violence may also experience:

- Generalized anxiety
- Trouble sleeping or nightmares
- Inability to sit still or hyperactivity
- Increased aggression or withdrawal

Learn more about [How Does Domestic Violence Affect Children and Families?](#)

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Vaccination for Head Start Staff



Click the image to find vaccine locations.



Website: www.childstartinc.org



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TELL ME SOMETHING GOOD!!

Was there something meaningful, work related, and impactful that someone did for you, or you did for someone? Did you or your team do something that made you especially proud? If so, please share it with us! Send your praise notes to Luis Pineda, so that we can all hear about it in the weekly update! Submit your content on Monday or Tuesday of each week for the following Monday edition.



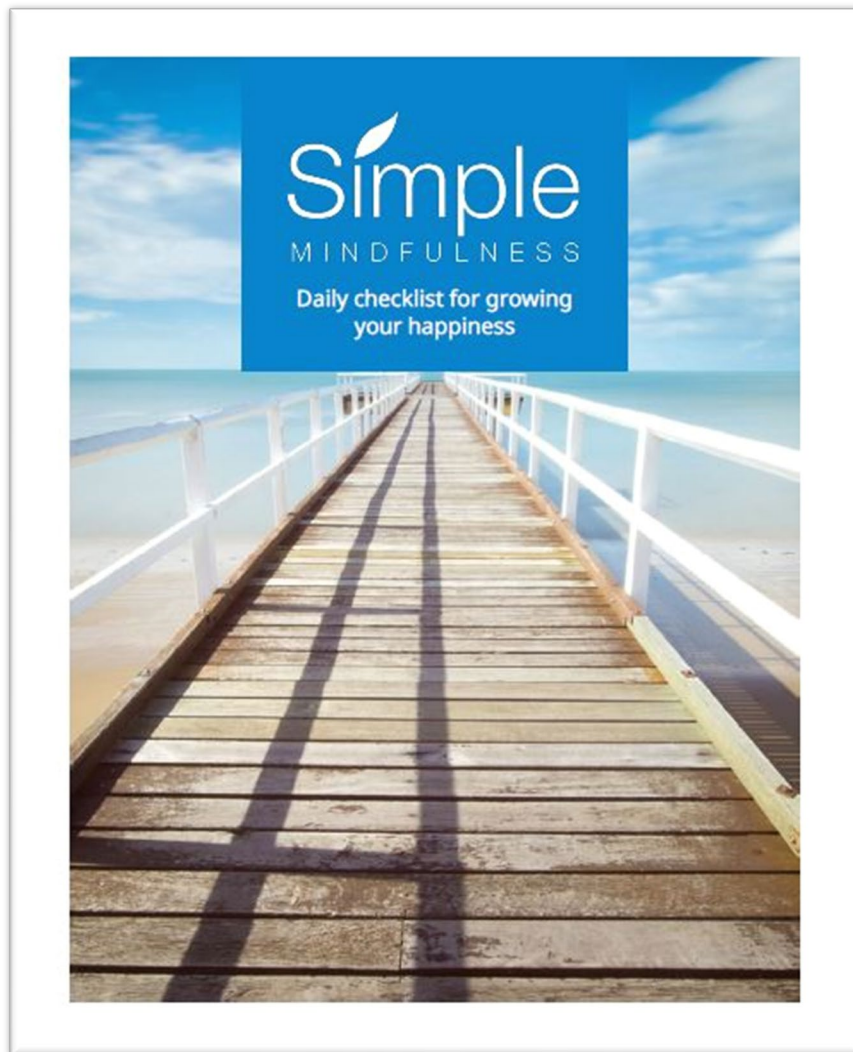
Child Start
incorporated

CHILD AND FAMILY SERVICES

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Daily checklist for growing your happiness



Read all about it, follow the [link](#)



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Daily checklist for growing your happiness

Step 1: Daily gratitude

- ☐ Write ten things for which you're grateful. Describe each item in detail and why you're grateful for it.
- ☐ Throughout your day, notice the little things that make your day a bit brighter. Say a silent 'thank you' that you've been blessed in that moment.
- ☐ At the end of your day, reflect on what went right and acknowledge what it took for those good things to happen (help from others, a lucky break, your hard work, etc.).

Step 2: Find balance

- ☐ Look at your relationships, career, finances, spirituality, hobbies, health, creativity, leisure. What areas need more or less of your attention?
- ☐ Identify one small step you can take to bring things more in balance. Ideas include:
 - ☐ putting a dollar in a jar every day to save money
 - ☐ meditate for five minutes
 - ☐ take a short walk
 - ☐ spend 15 minutes on a hobby you've put aside for far too long
 - ☐ make a phone call
 - ☐ eat a healthier meal
- ☐ At the end of each week, reflect on your week to see how those baby steps have helped. Take some quiet time to journal. Listen to your heart for the next steps to take.

Step 3: Change your outlook

- ☐ Take 30 seconds to smile or laugh out loud, especially if you don't feel like it. Changing your physical state changes your state of mind. This reminds you that things aren't so bad and to not take life too seriously. You'll be surprised at the results.
- ☐ Play
 - ☐ play with your kids or grandkids
 - ☐ sit outside to simply enjoy the day
 - ☐ read something fun for the joy of it
 - ☐ practice a hobby or anything creative that you tend to push aside for later (but that 'later' never comes)
- ☐ Honor that part of you that's tired of being pushed aside for later. That side of you is your True Self, the part that needs to be honored in order for you to feel balanced and happy.

Bonus Step

Brighten someone's day by complementing them on something specific or let them know why you appreciate them. Don't expect anything in return.

Read all about it, follow the [link](#)

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Let's Do Our Part!



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Information Technology Department

How To Reset Child Plus Password

1- Click on I forgot my password. See image below.



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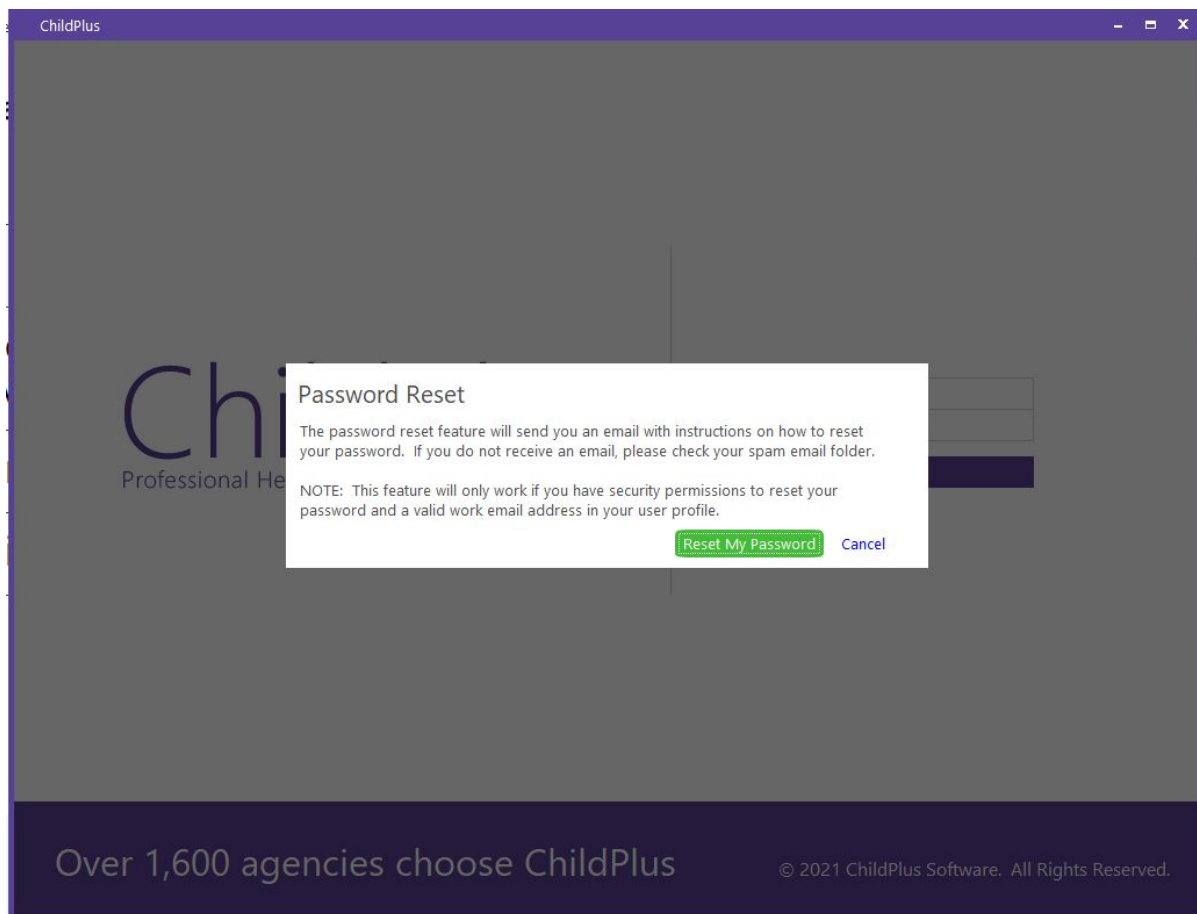
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Information Technology Department

How To Reset Child Plus Password

- 2- A password reset pop up will appear, click on the green text box **Reset My Password**.



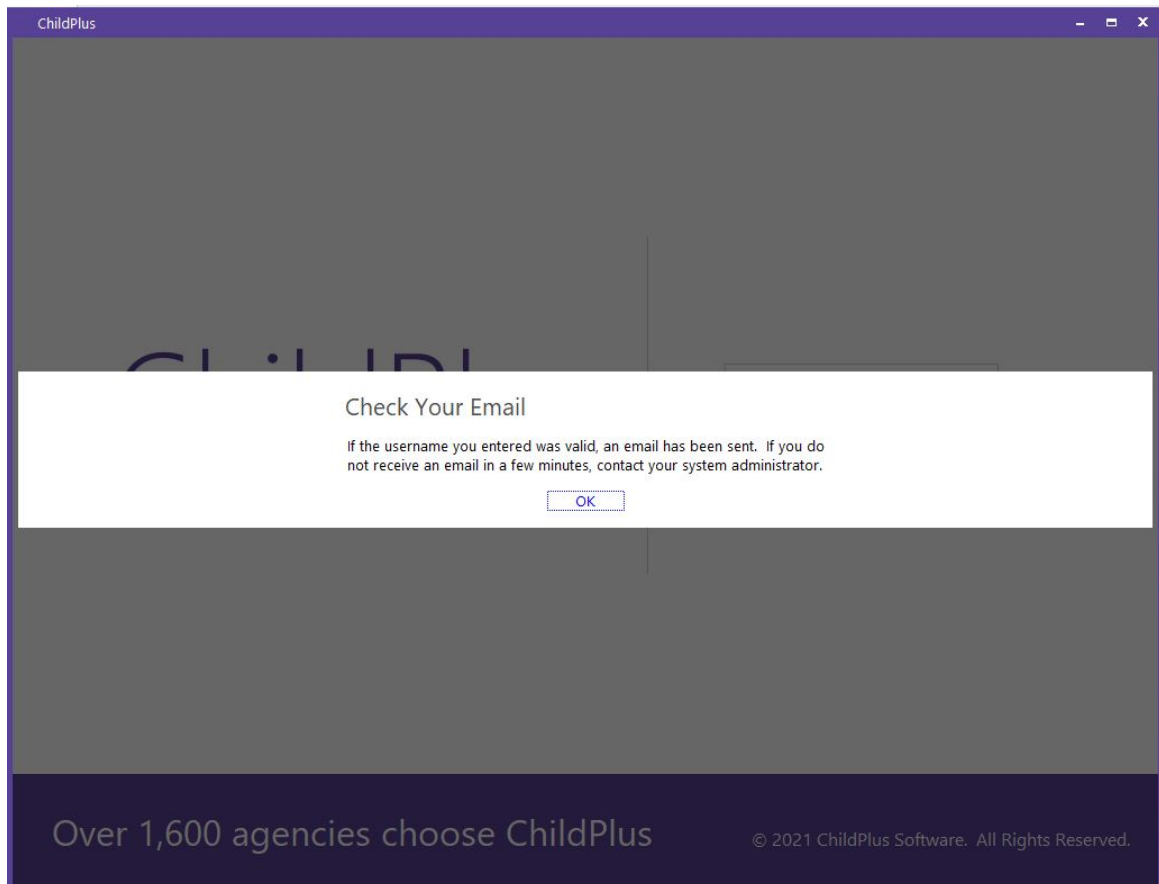
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Information Technology Department

How To Reset Child Plus Password

- 3- A pop up will appear prompting you to check your email. Click and when checking your email don't forget to check your junk mail folder too if you don't see it in your regular mailbox.



Follow the email link provided by Child Plus and follow the instructions to reset your new password.



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Human Resources Department

A Friendly Reminder

**HAVE YOU COMPLETED
IT YOUR 2022
BENEFITS?**

**OPEN ENROLLMENT
DEADLINE IS FAST
APPROACHING!**

DECEMBER 9, 2021



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Human Resources Department

REMINDER

Submit your COVID-19 vaccination proof to Human Resources.

All staff to be fully vaccinated by November 30, 2021.



NOVEMBER 30, 2021.

VACCINE RESOURCES

You can visit the following web site to find a vaccine near you: visit <https://www.vaccines.gov/>
Or you can visit these websites, specific to each county. Information includes calendared vaccine events, locations, instructions and contact information if you have questions.

Napa County: <https://www.countyofnapa.org/3096/COVID-19-Vaccines>

Solano County: https://solanocounty.com/depts/ph/coronavirus_links/covid_19_vaccines.asp



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SPREAD THE WORD!

JOIN THE TEAM

SPREAD THE
WORD ABOUT
HEAD START



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This Week Trivia Question



What is one of the main purposes of early childhood education?



Submit your answers by sending an email to:
lpineda@childstartinc.org By Thursday December 2, 2021.

Last week's trivia answer:

What is most important in Early Childhood development?

If your answer is “**Children's brain development**”, you’ve nailed it!

Neurological research shows that the early years play a key role in **children's brain development**. ...
Children's early experiences – the bonds they form with their parents and their first learning experiences – deeply affect their future physical, cognitive, emotional and social development.

“The purpose of education is to replace an empty mind with an open one.”

- *Malcolm Forbes* -



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