



WEEKLY UPDATE | May - 16 - 2022



Using the PFCE Framework in Father Engagement: Positive, Goal-Oriented Relationships.

In the PFCE Framework, the top arrow refers to relationships among staff, families, and fathers that promote positive engagement and progress toward goals. Respectful, trusting relationships can develop over time through interactions that focus on the individual's strengths. When staff and fathers have strong relationships, they share a commitment to set meaningful goals, develop strategies, assess progress, and celebrate success.

Relationships are:

- Positive — they focus on strengths
- Ongoing — they take time to develop and last
- Goal-oriented — they embrace a commitment to the well-being and success of the family and child

Learn More [Here](#)

Stay CONNECTED WEEKLY UPDATE

Mental Health Awareness Month

Mental Health Wellness Tips



Here are practical ways to achieve better mental health and balance in your life, such as practicing gratitude, connecting with others, and maintaining physical health. Click the link below and watch a short video.

If you or someone you know is in immediate danger, please call 911.

If you or someone you know are having thoughts of suicide or self-harm or are experiencing a mental health crisis, please call a national 24/7 hotline. For United States residents, those are: National Suicide Prevention Lifeline For anyone experiencing a mental health crisis. AVAILABILITY: 24/7/365 PHONE NUMBERS: Primary line: 1-800-273-8255 Ayuda en Español: 1-888-628-9454 Video relay service: 800-273-8255 TTY: 800-799-4889 Voice/Caption Phone: 800-273-8255 ONLINE CHAT: suicidepreventionlifeline.org/chat/ WEBSITE: suicidepreventionlifeline.org/ Crisis Text Line For anyone experiencing a mental health crisis. AVAILABILITY: 24/7/365 TEXT NUMBER: US & Canada: Text HOME to 741741 UK: Text 85258 Ireland: Text 086 1800 280 WEBSITE: crisistextline.org

Learn More click the link: [Mental Health Wellness Tips - YouTube](#)

ON THE SPOT LIGHT



Stay CONNECTED WEEKLY UPDATE

Westwood Head Start

Congratulations to Martha Alvarez for 25 years of service!

Martha started as a parent with her daughter enrolled in one of our Head Start programs. Her daughter's teacher, Anna Hurtado, encouraged Martha to take classes offered through Child Start and the Family Engagement in ECE Careers Partnership Program with Napa Valley College.

Since then, Martha has been working as a teacher with the children and parents at Westwood for the last twenty-five years. The children and parents both have a love of "Teacher Martha"!

Martha continues to bring a wonderful learning experience to children and shows her love and commitment to serve their families every day. Thank you for your dedication, Martha, and congratulation on 25 years of serving children and families in our community!



Submitted by Debbie Harrison



Website: www.childstartinc.org



Contact: Luis Pineda
707-333-1874



Email: lpineda@childstartinc.org

Stay CONNECTED WEEKLY UPDATE

SUISUN ON THE SPOTLIGHT

SUISUN HEAD START “PARK IT MARKET”

Suisun Head Start held their second “Park it Market” this week.

Families were so grateful and received fresh fruits and vegetables.



Submitted by Renata Hernandez



Website: www.childstartinc.org



Contact: Luis Pineda
707-333-1874



Email: lpineda@childstartinc.org

Stay CONNECTED WEEKLY UPDATE



Information Technology Department

We all know how email greatly facilitates communication in the organization. Although, technology is not perfect, sometimes the challenge is more human in nature. Although there are some “things” to address the issue of clutter, some of us receive a ton of email messages in our Inbox and it makes it hard to navigate and sift through the messages. A quick, cursory glance of our Inbox reveals that a good percentage of messages do not pertain to us.

Below are some guidelines on suggested use of “Replying-to-All”.

DO click “Reply All”:

1. When adding value to the conversation, i.e., your reply will be beneficial to *ALL* recipients.
2. When the email originator *specifically* states to “Reply-to-All” when replying.
3. When ending the email
 - a. For example, if an email goes out inquiring about a lost object, you can “Reply-to-All” stating that you have found it. That should (hopefully) end the email chain.
4. If you receive an email and others are included on CC, “Reply-to-All”. There’s a reason why the email originator included the recipients who were CC’d.

DO NOT click “Reply All”:

1. When correcting someone, *unless* it pertains to new information that benefits all the recipients (for example, “The meeting location has changed from Conference A to Conference B”). Otherwise, email the person directly.
2. When venting or commenting.
3. When sharing minor details
 - a. For example, if you are not able to attend a group meeting, the rest of the attendees do not need to know you can’t make it, *unless* you are the originator of the meeting.

Just as a reminder, we do have the Posts component in Microsoft Teams. This would be a perfect platform for birthday greetings, general information for *all* staff members, welcoming new employees, kudos/congratulatory-type messages, etc.



Stay CONNECTED WEEKLY UPDATE

"ON THE SPOTLIGHT"

Thank you for volunteering your time and expertise!



**THANK YOU, Evelin Zelaya for volunteering
last Saturday May 7, 2022, at Kids Day Event
hosted by COPE Family Center.**

Volunteers are special. We appreciate you and everything you do!

Alma Jimenez, ERSEA Department.



Website: www.childstartinc.org



Contact: Luis Pineda
707-333-1874



Email: lpineda@childstartinc.org



Child Start

incorporated

CHILD AND FAMILY SERVICES

Follow Us on Social Media



Let's Get Connected for Our Latest News & Updates



Like Us on Facebook
Child Start Incorporated



Follow Us on Instagram
@child_start



This Week's Question, Test Your Knowledge.



Do you know how many Head Start Centers are in California alone?



Submit your answers by sending an email to: lpineda@childstartinc.org by May 19, 2022.

Last week's trivia answer:

Who believed that children are inherently good and emphasized a flexible atmosphere to meet the Needs of children.

If your answer is B) Jean Jacques Rousseau YOU ARE CORRECT!

A) John Locke , B) Jean Jacques Rousseau, C) John Comenius, D) Maria Montessori

"The goal of early childhood education should be to activate the child's own natural desire to learn."

- Maria Montessori -



Website: www.childstartinc.org



Contact: Luis Pineda
707-333-1874



Email: lpineda@childstartinc.org