



WEEKLY UPDATE | October - 17 - 2022

OCTOBER IS NATIONAL HEAD START AWARENESS MONTH



NATIONAL HEAD START AWARENESS MONTH

Former Head Start Alumni shares her experiences "What I like the most about Head Start is that I was able to be around many friends and Maestra Irene make a big impact in my life"

Diana Lopez Rodriguez,
Head Start Alumni
Napa, California



Child Start
incorporated
CHILD AND FAMILY SERVICES

[#HeadStartAwarenessMonth](#)
[#HeadStartAwareness](#)
[#HeadStartStoryMatters](#)

Stay CONNECTED WEEKLY UPDATE



[Mental health and wellness is a top priority for NHSA.](#) This 30-minute live program is hosted biweekly by Tara Achkar from [Starling Minds](#). Head Start staff (and their families) will gain a deeper understanding of how breathwork and meditation can be used as a powerful tool to balance your energy and ground yourself.

- Relax your nervous system and calm yourself.
- Boost your energy and become more alert.
- Improve your concentration and mental focus.

[Tools](#) [Webinars](#) [Starling Minds](#) [Starling Webinar Series](#)

Click Link to Join! →

[wellness-wednesdays-with-starling-minds/](#)



Stay CONNECTED WEEKLY UPDATE



Information Technology Department

11 ways to help protect yourself against cybercrime

Written by Alison Grace Johansen for Norton LifeLock



Cybercrime is any crime that takes place online or primarily online. Cybercriminals often commit crimes by targeting computer networks or devices....

Cybercrime is an ongoing threat.

You might think that the only form of cybercrime you have to worry about is hackers stealing your financial information. But it may not be so simple. There are far more concerns than just basic financial ones. Cybercrime continues to evolve, with new threats surfacing every year.

When you hear and read about the range of cybercrimes out there, you might be tempted to stop using the internet entirely. That's probably too drastic.

Instead, it's a good idea to know how to recognize cybercrime, which can be the first step to helping protect yourself and your data. Taking some basic precautions and knowing who to contact when you see others engaged in criminal activities online are also important steps.

You might want to learn how to prevent cybercrime, but here's the thing: You can't. You can, however, take precautions to help protect against it. Follow the link below to learn more about it.

What is cybercrime?

How to protect yourself against cybercrime.

<https://us.norton.com/blog/how-to/how-to-recognize-and-protect-yourself-from-cybercrime>



Website: www.childstartinc.org



Contact: Luis Pineda
707-333-1874



Email: lpineda@childstartinc.org

Stay CONNECTED WEEKLY UPDATE



IMPORTANT RESOURCE

The National Maternal Mental Health Hotline is LIVE!



The National Maternal Mental Health Hotline is live! The Hotline, funded by the U.S. Health Resources and Services Administration (HRSA) and powered by Postpartum Support International, is available 24/7, 365 days a year, in English or Spanish and other languages by request.

Staffed by licensed and credentialed perinatal mental health and healthcare providers, childbirth professionals, and certified peer specialists, the Hotline provides immediate and informed access to support, understanding, brief intervention, and resources to all pregnant, postpartum, and post-loss individuals AND their partners and families.

Call or text the Hotline anytime to connect. You do not need a diagnosis to reach out for help.

National Maternal Mental Health Hotline: 1-833-943-5746

<https://mchb.hrsa.gov/national-maternal-mental-health-hotline>



Website: www.childstartinc.org



Contact: Luis Pineda
707-333-1874



Email: lpineda@childstartinc.org

Stay CONNECTED WEEKLY UPDATE



SIDS AWARENESS



October is Sudden Infant Death Syndrome (SIDS) Awareness Month. In October and beyond, infant caregivers and service/healthcare providers can join Safe to Sleep® and its partners to encourage safe infant sleep and help raise awareness about ways to reduce the risk of SIDS.

Despite [decreases in rates of SIDS and other sleep-related infant deaths](#), more than one-third of sudden unexpected infant deaths that occur in the United States each year are from SIDS.¹ Research also shows that unsafe sleep areas, such as those that include non-fitted sheets, blankets, or stuffed toys, remain a leading cause of infant death.²

Learn More → [sids-awareness-toolkit#](#).





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.



▶ Can you name 4 basic components of the Head Start program?



▶ Submit your answers by sending an email to: lpineda@childstartinc.org by October 20, 2022.

Last week's trivia answer:

In child development what age is the sensory-motor stage?

If you answer is **C) 0-2** You Are Correct!

“Education is the passport to the future, for tomorrow belongs to those who prepare for it today”.

—Malcolm X



Website: www.childstartinc.org



Contact: Luis Pineda
707-333-1874



Email: lpineda@childstartinc.org