

# Family Matters

## *A Newsletter for Family Service Staff!*

**Welcome to *Family Matters***, a newsletter designed for Head Start program staff that provides comprehensive services with an emphasis on families.

### ***Community Resources and Services to Share with Families***

**Action Alliance for Children** is a website, which offers a vast variety of bi-lingual resources for children advocates and service providers on key issues affecting children and families. This website will also serve an example of the many opportunities to educate, and inspire a statewide constituency of people who work with and on behalf of children by providing the most reliable information on current issues, trends, and public policies that affect children and families. For more information go to: <http://www.4children.org/involved.htm>

As Family Service Staff, you find it sometimes challenging to provide your families with the most current information regarding education, health, mental health, family support, parenting, child care, and other services that can help support children and families? However, locating those services or even knowing which services to look for is often difficult. **The Community Services Locator** is an online directory designed to help service providers and families find available national, state, and local resources that can address child and family needs. For more detailed information about this resource, please go to this website [http://www.mchlibrary.info/KnowledgePaths/kp\\_community.html](http://www.mchlibrary.info/KnowledgePaths/kp_community.html)

Looking for more **additional community information** to share with your families then view this website: <http://zipskinny.com/> this site will provide you with an array of information about Social and Economic Indicators to Demographics in your area. The information obtained from this site would be beneficial when gathering information for program Community Assessments.

### ***Father Involvement in Children's Development***

It is quite evident that research has shown that when both parents are actively and positively involved in their children's lives, children are more likely to lead healthy, productive lives. Over the past several years, many initiatives have been started to foster the positive involvement of fathers in the lives of their children.

The following website <http://nccic.acf.hhs.gov/poptopics/fatherinvolvement.html> will provide you with publications, resources and topics in ***promoting Father Involvement in Education and Care and Support.***

### ***Parent Engagement Activities***

These ***activities*** are adopted from the following website:

[http://www.friendsnrc.org/download/male\\_part.pdf](http://www.friendsnrc.org/download/male_part.pdf) an article adapted from *A Head Start Handbook of Parent Involvement: Vision and Strategies*

- ❖ ***Establish a “parent room.”*** Think of a space, furnishings, and resources that would interest men as well as women.
- ❖ ***Plan orientation activities*** that take place in a room set aside specifically for parents.
- ❖ Create opportunities for ***small group discussions*** that include both experienced and new parents. Think of ways to ***involve men*** as well as ***women*** in small groups.
- ❖ Work with staff and parents to develop a list of at least 20 different ways that parents can ***volunteer*** in the program ***to support their child’s development.*** Make sure the list covers a variety of activities, including on-time events and those that do not demand much time and energy; those that are culturally relevant; those of special interest to fathers, grandfathers, or male caregivers; and those that contribute to a variety of program decisions concerning children.

### ***How Families cope with Stress during Fall and Winter Celebrations***

***Don’t Worry, Be Natural!***

View this website <http://www.healthylifechoices.com/dontworry.htm> for ***Tips to Help Parents Navigate Holiday Stress***

### ***Practical Parenting Advice***

Children cannot escape the stress and the pressures that come with living in today's society. But they can learn ***ways to cope.*** As a parent, you can help your child in a number of ways visit <http://www.practicalparent.org.uk/> for more practical parenting advice.

***Attention:*** *If you would like to contribute articles or share information regarding Family Matters from your personal or professional experiences; please send it to [tony.kirk@STGInternational.com](mailto:tony.kirk@STGInternational.com)*

***“It's not only children who grow. Parents do too. As much as we watch to see what our children do with their lives, they are watching us to see what we do with ours. I can't tell my children to reach for the sun. All I can do is reach for it, myself.” ~Joyce Maynard***

***Have a Great Month***