

The Parent Press

Electronic Newsletter

Programs for Parents, Inc. monthly newsletter features family focused articles and resources on parenting, health, policy, and community information.

New Year, New Parenting Goals

Whether your resolutions include eating fewer carbs or building your rainy day fund, as parents, the New Year presents the perfect opportunity to reflect on your goals as parents. In this article, we offer our tips and suggestions for creating parenting goals for the new year.

What are parenting goals?

Parenting goals are goals that you set either for yourself or your family. This could be a behavior you want to change in yourself, such as practicing being “present” in the moment, or a family goal of spending more time together, cutting down screen time, etc. No matter what you decide your goals will be, remember that:

- Your goals can be flexible and change over time
- Your goals are unique to you and your family
- It’s ideal to start small with goals that are realistic and achievable. Make a list of two or three clear goals. Here are some ideas:



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Be a more patient parent

Parenting is one long, hard lesson in patience. Whether it's your toddler "doing it myself!" or your preteen begging for a smartphone, there is no shortage of moments when your patience will be challenged as a parent—which can sometimes result in a short-fuse. Without proper attention paid to our own needs and feelings, the

stress can become overwhelming and we might not always respond to that stress in helpful ways.

"Parenting goals provide a sense of direction and purpose, and guide parents in their decision making and action."

DEEP BREATHING WHILE SITTING

1. Sit upright on sturdy chair
2. Place your hands around the sides of your stomach.
3. Close lips and place your tongue on the roof of your mouth.
4. Breathe in through your nose
5. Try to spread your fingers apart with your breath
6. Slowly exhale your breath through your nose

REPEAT
FOR ONE
MINUTE



NEWS creative

Here are some healthy ways to boost your patience

- *Practice deep breathing.* Take a deep inhale through your nose, pause at the top, before releasing a slow exhale through your mouth. Repeat 3-4 times or more as needed. This small exercise has been shown to reduce blood pressure and calm stress hormones, which can help you become calm more quickly.
- Use a quiet voice when you redirect your child's behavior.
- Think before acting. This involves taking a pause between your feelings and an action. Feel your feelings and name them. Are you angry, frustrated? Once you can name the feeling, you can tame it. This will help you access the thinking part of your brain. Ask yourself: Could there be any negative consequences to my action or reaction? If so, what are other options?
- Find the humor in the situation.
- Spend some time thinking about what happens in your body when you start to feel upset. Does your heart pound faster or your stomach churn? What helps you notice those feelings, name them, and access calming strategies that work for you? [New Year, New Parenting Goals - Parenting Now](#)



If you feel like quality family time just doesn't happen, schedule it in!

Spend Time Together

Another great goal for your family is to spend more positive, fun time together. Can you ever spend too much time together as a family? Probably not—especially when your kids are school-aged or if you or your partner work full-time. Some ideas to incorporate into your day could include:

- Eat your meals at the table, together. If your mornings are hurried, try to eat dinner together as a family. This simple practice has been shown to increase resilience in you and your children. Think of it as “money in the bank” to fall back on when you experience challenging times as a family.
- Read together before bedtime. Cuddle up and release those bonding hormones in both you and your child.
- Designate screen-free time when the family can do an activity together, such as playing a board game, going for a walk, working on a craft project, or playing a sport.
- Find an activity the whole family can do and enjoy. Even if you have children of different ages, abilities, skill sets, and interests, you can usually find something the whole family can do—going on a nature walk, riding bikes, camping—even mini golf! [New](#)

[Year, New Parenting Goals - Parenting Now](#)

Can't go wrong with a focus on family

The great thing about setting parenting goals is that you can't really do it wrong. Just the simple act of intending to set parenting goals to improve your skills as a parent, spend more time together with your family, or change the way you interact with your children, shows just how much you love them. Here's to a great year in 2024!



How to Raise Healthy Eaters in the New Year!

Good food and nutrition are the foundation of children's health and can benefit them for a lifetime. Learning about healthy eating from a young age can help children develop a positive relationship with food well into their adulthood.

- **Promote positive habits:**
Little ones watch everything we do including at mealtime.
- **Maintain a healthy relationship with food:** Stay away from using food as a reward or punishment.
- **Let go of "clean your plate":**
You might think this will help your child get all of their nutrients needed from food, this behavior can lead to a dislike of foods and a negative association with mealtime.
- **Start the day with a healthy breakfast:** Mornings can be a rush for many families, however starting the day with a healthy breakfast helps your child get important nutrients for growth and development.
- **Make activity fun:** Children need at least 60 minutes of physical activity per day. Why not join in the fun? Be spontaneous when you see an opportunity, like dancing together to your favorite songs. Limit screen time!

Stay Safe and Healthy in Winter

Winter storms and cold temperatures can be dangerous. Stay safe and healthy by planning ahead. Prepare your home and vehicles. Prepare for power outages and outdoor activity. Check on young children, older adults, and the chronically ill.

Although winter comes as no surprise, many of us may not be ready for its arrival. If you are prepared for the hazards of winter, you are more likely

to stay safe and healthy when temperatures start to fall.



Wear appropriate outdoor clothing.

Take Precautions Outdoors

Outdoor activities can expose you to several safety hazards, but you can take these steps to prepare for them:

- **Wear appropriate outdoor clothing:** wear a tightly woven, preferably wind-resistant coat or jacket; inner layers of light, warm clothing; mittens; hats; scarves; and waterproof boots.
- Sprinkle cat litter or sand on icy patches.

Learn safety precautions to follow when outdoors:

- Work slowly when doing outside chores.
- Take a buddy and an emergency kit when you are participating in outdoor recreation.
- Carry a cell phone.

[Stay Safe and Healthy in Winter | Environmental Health Features \(cdc.gov\)](#)

United Community Corporation



Free COMMUNITY REFRIGERATOR

332 S 8th Street Newark, NJ 07103
108 Ann Street Newark, NJ 07105
31 Fulton Street Newark, NJ 07102
39 Broadway Newark, NJ 07104
AVAILABLE 24/7
Refills are made between 10:00am-2:00pm

Monthly Food Distribution Registration Available
814 WARD RD 908-637-6333

60th ANNIVERSARY UNITED COMMUNITY CORPORATION A COMMUNITY ACTION AGENCY

COATS AND COCOA
Food and Coat Distribution
Wednesday, January 24, 2024 | 3pm-5pm
West Side Park Community Center
600 S 17th Street, Newark, NJ 07103
Cents, Cocoa, Coats, Groceries, Vaccinations
LEARN MORE ABOUT UCC
973-642-0181 | www.uccnewark.org



THE NEWARK MUSEUM OF ART

January Family Saturdays
Saturday, January 13th
Saturday, January 20th
Saturday, January 27th
10:00 am-5:00 pm
Free With General Admission Tickets

49 Washington Street
Newark, NJ 07102
973.596.6550
Contact Us

Community Resources & Events

Books, Balls, & Blocks



Books, Balls, & Blocks!

Miercoles, 24 de Enero
3:00pm-6:00pm

Todos en el Condado de Essex estan invitados a tomar parte en una ¡Evaluación del desarrollo GRATIS y CONFIDENCIAL para su hijo!

The North Ward Center Family Success Center
286 Mt. Prospect Ave.
Newark, NJ 07104

Juguetes gratis

Para niños Edades 0-5 años

Para registrarse llama

Penelope Barinas
pbarinas@northwardcenter.org
973-485-5723

Susana Melo
Family Engagement Specialist
smelo@programsforparents.org
Call 973-297-1114 x4176

Programs for Parents
Comprehensive Services for Families and Children



ESSENTIALLY YOURS FROM THE HEART
Essentially Yours From The Heart

GRAB & GO ESSENTIAL ITEMS
January 20, 2023
Saturday @ 11am
BRING YOUR OWN BAGS
FIRST COME FIRST SERVE

LAUNDRY DETERGENT OR BLEACH OR
TOILETRIES & FOOD /PRODUCE/CLOTHES

URBAN LEAGUE 513 CENTRAL AVE
Newark NJ 07107

CONTACT INFO
PRESIDENT MONA
347-559-8247

Programs for Parents, Inc.

***Programs for Parents** is a non-profit organization that works to ensure that children get the best possible start in life. It does so by supporting children, families, and child care providers in Essex County through advocacy and action, providing education and referrals, sharing best practices and helping families access available financial resources.*

Programs for Parents, Inc.

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New Jersey Department of Health Urges NJ Residents to Discard Recalled Cinnamon Applesauce Pouches, Stay Vigilant for Signs & Symptoms of Lead Exposure Following Consumption

TRENTON – Amid an ongoing [national recall](#) of cinnamon applesauce fruit pouches that have been found to contain elevated levels of lead, the New Jersey Department of Health (NJDOH) urges residents, especially parents and caregivers, to take necessary precautions to protect against the dangers of lead exposure and poisoning, especially to the health of children.

Individuals, parents, and caregivers are advised to discard recalled pouches immediately and consult a health care provider if they suspect lead exposure or if they or a child are experiencing symptoms of lead toxicity after eating recalled fruit pouches.

“Lead is toxic and can affect people of any age or health status, and it’s especially unsafe for younger children. There is no safe level of lead for children,” said Acting Commissioner of Health Dr. Kaitlan Baston. “Throughout this ongoing national investigation into the source of lead in the recalled products, we urge our residents – and especially parents, guardians, and caregivers – to be extra vigilant to stay safe and keep their children protected from the harmful effects of lead.”

Any child up to age 3 years of age who has been exposed to a known or suspected source of lead should be tested. In addition, routinely, all children should be tested at 12 months and 24 months of age, or by age 3 years if never previously tested. More about childhood lead screening can be found here: www.nj.gov/health/childhoodlead/testing.shtml.



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