

The Parent Press

Electronic Newsletter

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

Helping Young Children and Parents Transition Back to School

The start of a new school year can mean going back to early care and education (ECE) programs or school after a long break, or attending a program for the first time. A new start often means lots of changes, new routines, and meeting new people. Young children are often wary of strangers and want to stay close to their parents and other familiar and trusted caregivers. Until they are old enough to talk clearly about their feelings, it's hard to explain to them that a new caregiver is going to protect them, which means it takes time for children to get used to new people. School-aged children who are sensitive or easily worried, or those who have developmental delays, may need extra time to adjust. It's often easier for young children to make the transition if they have spent some time with their parents and the new person together. Parents also often worry about their child making the transition, and it's easier for parents to keep calm and be reassuring if they know their child's teacher and feel comfortable with them.



Inside this issue

Transitions Back to School	2
Transitions Back to School	3
Health/Nutrition	4
Community Resources	5
Policy	4





What parents and teachers can do to support during transitions

Skilled ECE providers know how to help children adjust. But with increased worries and stress, it may be good to put a little extra support into the transitions. Here are some tips to help families with the transition.

- Work to establish connections between parents and the program. Set up times for parents and teachers to meet and get to know each other.
- Create a daily structure and routines to help children learn what to expect.
- Share information with parents of returning children about daily routines to help prepare their child for what to expect.
- Provide frequent communication to parents about their children’s time in the program.
- Provide virtual connections with parents to supplement in-person connections, such as video calls and phone meetings. Consider connecting parents to other parents to learn about the program and share experiences. Programs can create virtual tours so that parents and children can see the facility and classrooms. This helps them imagine what it would be like for their child to attend and helps them prepare for the new situation.

“Create a daily structure and routines to help children learn what to expect.”

Parents with concerns can

- Take [care of themselves during stressful times](#) so they can be better equipped to take care of others.
- Find resources to learn how to [promote resilience and reduce anxiety in their children](#).
- Talk to a healthcare professional if their child’s symptoms of anxiety or behavior problems are severe or persistent.
- Contact a mental healthcare professional for [parent training and support](#) so parents can help their child.
- Find [resources for themselves if they are sad, worried, or stressed](#).
- For children with new concerns that persist, ask the school for an evaluation to see if the child may need [special education services or accommodations](#). For children with identified disabilities, ask the program to review their Individualized Education Program.

Parents can

- Make sure their child has a daily, predictable routine, with regular times for healthy meals, naps, and night sleep at home. Having a rested body and knowing what to expect at home helps children cope.
- Connect with other parents who have children in the same program, this can make them more comfortable with the program.
- Talk with teachers about the best way to separate from their child at the start of the day—brief goodbyes are often best.
- Try to stay calm and reassuring during transition—using a calm voice, with a relaxed face and body to let their child know that they wouldn’t leave them if the child were not safe and protected.
- Talk with their child about what to expect and help them with strategies to manage stress and cope with worries, and review positive parenting tips to help children with feelings and behavior.
- Make sure their child is caught up on well-visits with their healthcare provider and is up to date with recommended vaccines, including COVID-19 vaccines, to ensure that the child is healthy and well protected.
- Monitor their child’s developmental milestones and learn what to do if there are concerns. Remember that this is a phase—building new relationships is a skill, and with support, children can be resilient. Even if it’s hard to separate, children will gain a new trusted relationship with their new teacher and feel more secure.



When school staff and families communicate, student health and learning can improve.

Schools and ECE programs can

- Provide staff development and support for teachers if there are more children than usual who have difficulty with transition.
- Review and enhance resources for staff health and well-being.
- Make sure teachers have access to mental health support if they are dealing with their own stress, loss, or trauma.
- Include resources for social-emotional learning.
- Seek support from early childhood mental health consultants.
- Share information with families about the importance of developmental monitoring and screening, and well-visits . <https://www.cdc.gov/childrensmentalhealth/features/COVID-19-helping-children-transition-back-to-school.html>

Healthy and Supportive School Environments

Time spent at school allows children to engage with peers and adults and develop skills to enhance their relationship experiences. Schools that have a clean and pleasant physical environment helps set the stage for positive, respectful relationships.

To create schools that support student health and learning, school leaders can work towards a healthy and supportive school environment.

A healthy and supportive school environment helps children and adolescents develop the skills they need to recognize and manage emotions, set and achieve positive goals, appreciate the perspectives of others, establish and maintain positive relationships, and make responsible decisions.

When school staff and families communicate, student health and learning can improve. Students can learn better in multiple settings as a result of these relationships—at home, in school, in out-of-school programs, and in the community.

<https://www.cdc.gov/healthyschools/sec.htm>

WHOLE GRAINS MONTH

Throughout September, Whole Grains Month promotes the benefits and flavor of whole grains, which are a vital part of a healthy diet.

Add whole grains to your meals throughout September!

Try these delicious ways to incorporate whole grains:

- Add granola to your yogurt.
- Switch to 100 % whole grain bread – this includes 100 % whole wheat bread.
- Replace refined pasta with whole-grain versions
- Replace refined rice with whole-grain rice.
- Add quinoa to your smoothie.
- Enjoy a bowl of air-popped popcorn
- Switch to whole-grain tortillas.

Add whole-grain to your baking. Replace a portion of that recipe that calls for all-purpose flour with a whole-grain version.



Back to School Essentials: Parent's guide for a healthy start to the new year

As the back-to-school season approaches, parents and guardians have much to consider for their children to have a healthy and successful start to the new academic year. From scheduling well-child examinations to planning for proper nutrition and adequate sleep, the list of tasks may feel daunting.

Here are back-to-school tips to help you and your children prepare.

Well-child examinations are a cornerstone of healthcare for children of all ages. These check-ups are essential for monitoring your child's growth and development, catching potential health issues early and ensuring they are physically and mentally prepared for school.

During a well-child examination, the healthcare team will:

- Create a comprehensive medical history, which is crucial for future healthcare need
- Identify and manage potential health problems before they become more serious.
- Monitor and track your child's growth patterns and development.
- Update your child's medical history and verify that vaccinations are current.

Vaccinations

Protecting your children is one of the most critical responsibilities of parenthood. You protect them with shelter, safety and proper nutrition. But if you've missed their vaccinations, you expose them to potentially dangerous — even deadly — diseases. The most effective way to prevent these diseases is to ensure your child receives the proper vaccination series, typically completed by age 6.

Early childhood vaccinations protect children when they're most vulnerable. They protect against 14 different childhood illnesses, many of which can have devastating effects on children. These include HPV, influenza, measles, polio, tetanus and pertussis (whooping cough). [Why childhood vaccines matter - Mayo Clinic Health System](#)

The Centers for Disease Control and Prevention and healthcare professionals recommend these vaccinations:

- Diphtheria/tetanus/pertussis
- Haemophilus influenza B
- Hepatitis A
- Hepatitis B
- [Human papilloma virus](#)
- Influenza
- Meningococcal
- MMR
- Pneumococcal
- Polio
- Rotavirus
- Varicella (chickenpox)

Community Day: Fiesta Latin

Join us as we kick off National Hispanic Heritage Month with a fiesta!

Get ready for a celebration filled with live music, colorful dance, and a variety of activities showcasing the vibrant cultures of Latin America and the Caribbean. Bring your own blanket or chair, savor tasty treats from our food trucks, learn the choreography of different Latin dances, and immerse yourself in the festive atmosphere. ¡Vamos a celebrar!

This event is for all ages. In case of rain, the event will move indoors.



The idea for Hispanic Heritage Month, celebrated throughout the latter half of September and the first half of October, began as a way to promote the history, culture, and contributions of Hispanic-Americans.

Community Events

THE ESSEX COUNTY AND PARENTING CONNECTION

11TH ANNUAL PARENTING PALOOZA!

WORKSHOPS FOR ESSEX COUNTY PARENTS WITH CHILDREN 0-3 YEARS OLD

LET'S TURN UP FOR PARENTING WITH INFORMATION, RESOURCES, FOOD, PRIZES, AND FUN!

CHOOSE ANY 2 TOPICS

- BIODANZA FOR THE FAMILY W/NEWARK SCHOOL OF THE ARTS
- COMMUNITY RESOURCE FAIR
- BRING YOUR BELLY AND YOUR TODDLERS UNDER 3
- DADS AND PARTNERS WELCOME
- PERSONAL TRAINING - HEALTH COACH W/B.E.A.S.T. COACH MOE
- NUTRITIONAL AND MEDICINAL VALUE OF HERBS W/NEWARK SCIENCE AND SUSTAINABILITY
- EFFECTIVE COMMUNICATION W/THE F.E.L.L.A.S. FATHERHOOD PROGRAM

FRIDAY, SEPTEMBER 20 • 9:30AM-2PM (IN PERSON)
 THE WATERFRONT, 2 GRAFTON AVE, NEWARK, NJ
 REGISTRATION REQUIRED: [TINYURL.COM/11THPALOOZA](https://tinyurl.com/11thpalooza)

THANK YOU TO OUR SPONSORS AND PARTNERS!

FREE!! FOOD, DIAPERS, GIVAWAYS

Sponsors: Horizon, University of Newark, Family NJ, FELLAS, Newark School of the Arts, Unity Family Success Center, Newark Public Schools, etc.

4TH ANNUAL GREATER ESSEX COMMUNITY RESOURCE DAY

Join us for networking opportunities, services, resources, and relationship building in the spirit of connecting the community.

FRIDAY, SEPTEMBER 20TH 10 AM TO 3PM
23 BRANFORD PLACE DOWNTOWN NEWARK

973-623-7878
 @greateressexcounseling
 Greater Essex Counseling Services LLC
www.greateressexnj.com

WHO ARE THE PEOPLE IN YOUR NEIGHBORHOOD?

GET TO KNOW THE RESOURCES AVAILABLE TO YOU IN DOWNTOWN NEWARK

VENDOR BOOTH RESERVATIONS:
 Please RSVP by August 31, 2024 to help@greateressexnj.com or katy.linton@greateressexnj.com

New in 2024:

- Free Food & Water
- Mental Health (MH) Screenings
- Sunday's Treat
- Mobile Showers & Haircuts
- Job and Educational Opportunities
- Housing and Treatment Opportunities

Sponsors: Greater Essex Counseling Services LLC, Aetna, etc.



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.

First through Third Grade Implementation Guidelines

The New Jersey Department of Education's (NJDOE) *First through Third Grade Implementation Guidelines* reflect current research and best practices to provide administrators, teachers, instructional coaches, families, and other educators guidance and resources to effectively implement the components of an equitable, developmentally appropriate and New Jersey Student Learning Standards (NJSLS) aligned educational program for First through Third Grades. These guidelines seek to provide educational practitioners with developmentally appropriate practices and resources supported by evidence to support improvements in their 1st–3rd grade classrooms. The *First through Third Grade Implementation Guidelines* were informed by feedback from current research, New Jersey educators, various NJDOE offices, administrators, and higher education early childhood experts. These guidelines were developed as an essential tool in building continuity from preschool age programs to grade three.



Programs for Parents, Inc.

Programs for Parent, Inc.
Nayibe Capellan, CEO
570 Broad Street, 9th Floor
Newark, NJ 07102
(973) 297-1114
<https://programsforparents.org>

The Parent Press is a monthly newsletter published for childcare providers and parents.

Follow Us On Social Media

