

# Monthly Family Newsletter

## January 2022

### WELCOME TO THE NEW YEAR FAMILIES!

Welcome to the New Year! Getting back into the routine of life after the holidays and spending time with family can be a challenge. Of course, keeping up with a routine is important to getting back on track after winter break but there are many things to consider when jumping back into school, work, and life after the holiday season. Expect you and your student to be tired. A way to ease back into a routine is to give yourself some grace. Much like an athlete who steps away from training for a bit, your students and yourself will also need a little bit of time to get back in shape. Expect you and your student to be tired. A way to ease back into a routine is to give yourself some grace. Individual New Year resolutions are often easy to give up on for parents because they are all about you in a world primarily focused on taking care of everyone else. So, why not make family resolutions this year? It is a better way to stay on track with your resolutions as they can benefit the entire family and hold everyone accountable.

Some things you could focus on for your resolutions could be being "unplugged" more as a family. Dedicate some time to enjoying maybe a board game as a family or playing outside instead of scrolling through your devices. Health and wellness are also important to focus on after the holiday season. As a family, it is important to eat well and exercise. Children who see their parents keep healthy eating habits, usually have a positive relationship with food in return. New Year resolutions may look different for every family, however, making these resolutions as a family can benefit every member of the family and lead to the further success of your resolutions for the New Year!

### From Our Executive Director

JA'NEL JAMERSON

Every New Year introduces new hopes, possibilities, and resolutions. As we leave behind the old days and march towards the days brightened with new rays of hope, we are filled with a sense of enthusiasm and optimism. As a result, it is critical to begin the year with a sense of inspiration fueled by positive thoughts to avoid the mind's negatives and look forward to a better existence.

# HAPPY NEW YEAR 2022

EDUCARE FLINT

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### Meet the Educare Family!

TRACEY COCHRANE

Tracey Cochrane is a Head Start Lead Teacher at Educare Flint and has been with us since August of 2020. Her favorite season is fall, and she loves collecting Disney Pins and Doorables. Tracey's favorite color is purple and enjoys eating anything with pasta! Tracey's favorite book is Dragons Loves Tacos by Adam Rubin. If Tracey could have any superpower it would be to snap her fingers and all of her household chores are DONE! What a superpower that would be!

*"I love connecting with the children and being able to impact them and their families in a positive, and hopefully long-lasting way. I feel like I have purpose and that what I do is WORTH the effort, as opposed to past occupations. On most days, the work I do may be left at Educare's door, but the love I feel follows me home. It's a feeling like no other."*

### From Our Parent Navigator

KATY NUNN

Welcome back families and welcome to the new year! As you begin to think about your goals for 2022, have you thought about developing your leadership and advocacy skills? Our Parent Ambassador program is a great option for that, and we are recruiting now! The mission of the program is to equip parents with knowledge about civic and community engagement opportunities and to develop leadership skills to advocate for themselves, their families, and others to create positive change in early learning programs, schools, and communities. *Stop by Jan. 19th for a special event during drop-off and pick-up to get more information about becoming a Parent Ambassador and enjoy some tasty treats!*

**If you're ready to get started, scan the QR code to take you to the application now.**





# Mark Your Calendars:



## Important Dates

- **January 4th: First Day Back**
- **January 6th: Parent Café**
- **January 17th: Martin Luther King Jr. Day - NO SCHOOL**
- **January 18th: Market Pick-up**
- **January 19th: Parent Ambassador Recruitment**
- **January 28th: Face to Face Friday (half day)**

## From Our Family Engagement Coordinator

MIKE KILDEE

### Creating Family Goals for the New Year

Over the past year, we have all had victories and challenges that will remind us of what we may want to continue doing or what we would like to change or improve on. We must take this time to reflect on last year and plan for a happy, healthy, and prosperous 2022.

**Below are some tips on how you can set goals as a family.**

- Pick a time when your family is all together, such as dinner time, and have a respectful conversation to identify what goals your family agrees on.
- Write down your goals and be specific. If your family wants to get healthier, make a goal of exercising together for a certain amount of time per week. Or plan a menu each week that is healthy and the family agrees to. Have your children participate in preparing the meal.
- Break your goal into realistic steps. If you want to save money to go on a family vacation, or to make a special purchase, start with planning a budget and talk about where you can reduce spending to allow for saving. Take one step at a time and when a piece of the goal is met, then you can add another step toward achieving the goal.
- Each member of the family should be responsible for some part of the work. Small children might contribute by picking up after themselves so older family members can concentrate on certain tasks.
- Make a visual aid. Use a calendar to mark off days and track progress.

The Family Engagement Staff are there to help you if you need some direction on how to plan for 2022 by setting goals for yourself, your children, and your family.

**Wishing you a Happy, Healthy and Prosperous New Year!**

## From Our School Director

JODI RAMOS

Did you know that positive self-talk can improve our mood, raise our confidence, and give us the incentive we need to work harder? The same is true for our children. Positive thinking can help people see themselves in a more reassuring, kind, and optimistic light, but negative self-talk can demotivate and wear them down. We can make a tremendous impact on how we feel by talking to ourselves in a positive manner. Positive self-talk can also aid in the development of self-esteem and confidence in children. When children learn to offer themselves positive feedback, they are more inclined to keep trying even if things don't go as planned the first time, or to try new activities that they are afraid of.

**Here are a few things you can do as a parent to encourage your children to keep their inner monologue positive.**

- 1 Discuss benefits of positive self-talk.**
- 2 Teach your children how to turn negative thoughts into positive ones.**
- 3 Be a role model for your children and practice self-talk in front of them.**

Scan this QR code to complete the health check survey each morning.



**THANK YOU FOR ALLOWING US TO BE A PART OF YOUR FAMILY! f @in @EducareFlint**