

PARENT/CHILD INCORPORATED

PARENT GAZETTE

August 2023

Dear PCI Family,

We hope you are doing well and had a great summer break. As we embark upon a new school year filled with exciting activities and opportunities for family engagement, we are eager to extend a warm welcome to you and your children. Rest assured, we have prepared an enriching educational experience for your child, and our highly trained staff is fully equipped to deliver it.

On behalf of our dedicated educators and support staff, we would like to express our deepest gratitude to you for entrusting us with the vital task of providing your children with exceptional early childhood education. Your faith in our abilities is genuinely appreciated, and we are committed to setting the highest standards of instruction and care.

Throughout the upcoming year, we eagerly anticipate collaborating with you to ensure the success of all our students at PCI. Your active involvement and partnership are invaluable, and we are confident that together we can create a nurturing and stimulating environment where every child can thrive.

Once again, we extend our heartfelt thanks for choosing PCI as your educational institution. We eagerly anticipate the opportunity to work closely with you and your child, and we look forward to a rewarding and successful academic year ahead.

Dr. Sharon Small



Dr. Sharon Small,
Chief Executive Officer/HS/EHS Director
MEd, MA, PhD

"Growing San Antonio's Tomorrow...Today!"



NATIONAL HEAD START ASSOCIATION

The premise of Head Start is simple: every child, regardless of circumstances at birth, can reach their full potential. Head Start was first launched in 1965; providing comprehensive health, nutrition, and education services to impoverished children was revolutionary, if not radical. The Head Start Model, developed over the decades, has been built on evidence-based practices and is constantly adapting—using the best available science and teaching techniques to meet the needs of local communities.

The mission of Parent/Child Incorporated is to provide high-quality early childhood developmental and educational services in order to empower our children and their families to become responsible citizens who value education and community.

EXCITING OPPORTUNITY AT PCI!

We are thrilled to announce a unique incentive program that rewards parents or guardians for helping enroll new students at PCI. For every child you refer that successfully register and stay enrolled for three months at Parent/Child Incorporated, you will receive \$25 as a token of our appreciation for your support and advocacy.

We understand that, as parents, you play a crucial role in shaping your child's educational path. Your recommendations and referrals carry significant weight and often contribute to the success of our school community. By expanding our student body through your referrals, we aim to create an inclusive environment that benefits everyone involved.

This program will strengthen our agency and enable parents to make a meaningful impact on their child's education while benefiting financially. We hope that offering this incentive can further foster collaboration and partnership between our agency and the families we serve. Please note that terms and conditions apply to this referral program.

To participate in this program, please follow the steps below:

1. Identify potential students who may benefit from the exceptional educational experience at Parent/Child Incorporated. This could include friends, family members, or members of your community who have children aged six-weeks to 4-years-old.
2. Encourage interested parents/guardians to contact your Education Center Coordinator or call our Headquarters Office at (210) 226-6232. For the person you referred, make sure they give your name and the center your child attends during the intake process.
3. Once the referred child completes enrollment and begins attending PCI, you will be eligible to receive your stipend after three months of the child's attendance.

Thank you for your ongoing support, trust, and involvement in your child's education. We value the opportunity to work alongside you in cultivating a positive and rewarding learning experience for every student. Together, we can make a difference! If you have any questions or require further clarification, please do not hesitate to contact your Education Center Coordinator (ECC) or your Family Service Worker. We are here to assist you and provide all the necessary support throughout this process.

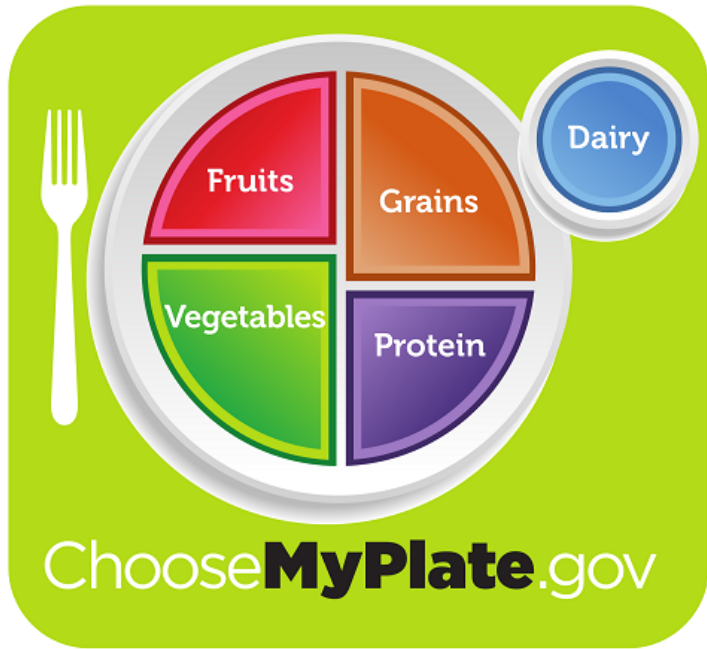
Warm regards,

Dr. Sharon Small
Chief Executive Officer/HS/EHS Director
MEd, MA, PhD

HEALTHY MEALS



It is crucial to prioritize adopting healthy eating habits among children to mitigate health issues and ensure proper nourishment for their growth and development. A well-balanced diet for kids encompasses all five essential food groups: fruits, vegetables, grains, proteins, and dairy or suitable fortified soy alternatives. It is advisable to restrict the consumption of foods high in sugar, saturated fat, and salt. Children should consume a diverse range of whole grains, lean meats, poultry, fish, and legumes while opting for whole-grain bread and cereals instead of refined ones. Additionally, it is recommended that children engage in at least 60 minutes of physical activity daily. Parents should lead by example by making nutritious food choices and exhibiting positive eating behaviors to foster healthy eating habits.

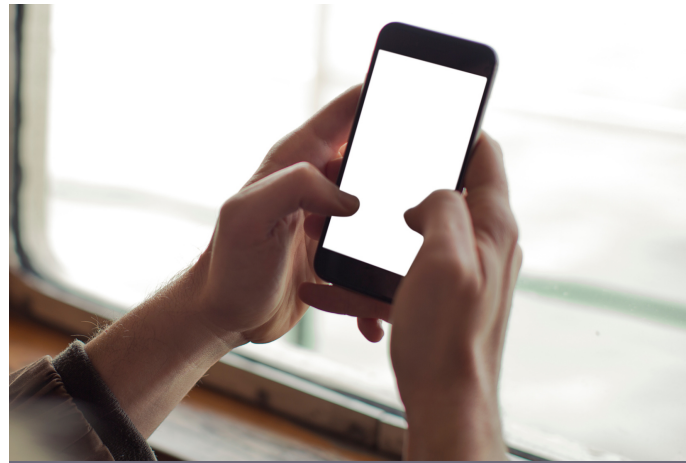


TEXT NOTIFICATION

We want to remind you about updating your contact information in our notification system. This system is designed to send text messages to the cell phone number you provide.

In the event of emergencies where the safety of a child, staff member, or parent is immediately at risk, such as cancellations, delays, lockdowns, evacuations, relocations, or other unforeseen circumstances caused by weather conditions, power outages, fog, or similar situations, we rely on text notifications to ensure prompt communication.

Also, our notification system will inform you about upcoming events that you'll need to be aware of, including closures and Early Release Dismissals. We kindly request your cooperation in keeping your contact information current to ensure that you receive



**TO SIGN UP: TO SIGNUP,
TEXT "JOIN" TO
(210) 226-6232 FROM
YOUR CELL PHONE. YOU
WILL RECEIVE A
MESSAGE...THAT'S IT!**

**BACK TO
SCHOOL
TIPS**



Setting up a school routine in advance is highly recommended. As the summer schedules often differ from those during the school year, it is entirely normal and acceptable. Engaging in discussions and reading materials related to school can help familiarize your child with the upcoming academic environment. Also, meeting with your child's teacher would be best to establish a connection and address any concerns. Encouraging independence in your child will significantly contribute to their growth and development. Lastly, remember to prioritize fun and enjoyment alongside the academic preparations!



ATTENDANCE

Consistent attendance of children is crucial for academic success and compliance with Federal guidelines. Daily learning activities at the Early Learning Center are vital in preparing children for a seamless transition to public school. Hence, it is paramount that children attend the center every day and arrive punctually. We aim to achieve an Average Daily Attendance (ADA) rate of 96% for all enrolled children. To ensure effective communication and coordination, we ask parents/guardians to quickly notify the Education Center Coordinator or Family Service Worker of absences or late arrivals. If a child remains absent for ten (10) consecutive days without any contact or approval, their spot at the center may be considered vacant. Additionally, as part of the Family Partnership Agreement, parents are required to adhere to the following guidelines:

1. Please bring your child to the Early Learning Center daily and ensure punctuality.
2. Please pick up your child right away in the afternoon.
3. Provide a written note and inform the Education Center Coordinator or Family Service Worker about absences.
4. If your child cannot attend the center or you anticipate being late in dropping off your child, please get in touch with the center before 7:30 a.m. We greatly appreciate your cooperation in maintaining consistent attendance and facilitating timely communication.

Thank you for your continued support.



EMERGENCY CLOSURE

We kindly request that you acquaint yourself with the following procedures in the event of an agency closure due to emergency conditions in the area. The decision to close Parent/Child Incorporated will be made by Dr. Sharon Small, our esteemed CEO, who will carefully consider the actions taken by local school districts, particularly the Northside Independent School District. Once Dr. Small determines that closing the agency is in the best interest of our staff and families, this information will be promptly relayed to the agency's Executive Team.

Following this, the Head Start/Early Head Start Coordinator will assume the responsibility of communicating the closure details to the relevant staff members, including Education Center Coordinator (ECCs). The ECCs, in turn, will notify the center staff about the agency closure. Our dedicated family service workers and teachers will also ensure that parents are informed of the closure and any necessary arrangements.

Parent/Child Incorporated will utilize our efficient PCI notification system to effectively communicate the closure to parents and staff. Furthermore, detailed information regarding the agency closure will be prominently displayed on our official website, accessed through the following link: <http://www.parentchildinc.com/>. We will also provide regular updates on the PCI Facebook and Twitter pages. We strongly recommend monitoring local news broadcasts from 5:00 a.m. onward for any notifications about PCI closures (if applicable).

In the event of a closure, Parent/Child Incorporated will diligently implement makeup days to compensate for any lost instructional time, ensuring that the education of our children remains a top priority. Moreover, we highly encourage parents to establish an emergency plan for their children to ensure preparedness in case of Early Learning Center closures, delayed openings, or early dismissals. We sincerely appreciate your cooperation during such circumstances and urge you to stay informed and prepared.

Thank you for your ongoing support.



MALE INITIATIVE

The primary goal of the 'Male Initiative' program is to strengthen the engagement of fathers and male figures within their families, recognizing and honoring their vital role. We firmly believe that strong and supportive family units profoundly impact children's overall well-being and prospects.

- To actively participate in this initiative, please get in touch with your Education Center Coordinator. They will provide detailed information on how to contribute and become involved. Together, we can make a positive difference in our children's lives and foster thriving family relationships. For additional information, please contact Compliance Officer/Special Service Coordinator Mr. Joe Segura at (210) 475 -5151 or jsegura@pcitx.com.



Male Initiative Meeting Date

NOVEMBER 15, 2023	6:00 P.M.
FEBRUARY 21, 2024	6:00 P.M.
MAY 15, 2024	6:00 P.M.



How can I help my child handle anxiety?



Anxiety is a natural human emotion and a normal reaction to life's stresses. However, when the worry and fear associated with anxiety interfere with a child's usual activities, he or she may have an anxiety disorder.

Anxiety becomes a problem (disorder) when it lasts for a long time each time, and is so intense that it interferes with a child's ability to function socially, academically, physically and emotionally.

Tips to help an anxious child:

- Gently encourage your child to do things he/she is anxious about instead of avoiding it
- Praise and support your child's efforts for attempting to approach a feared situation
- Try to help your child manage anxiety
- Give your child opportunities to observe you handling your own stressful or anxious difficulties in positive and healthy ways
- Teach your child resilience to cope with, adapt to, and overcome challenges

A child with an anxiety disorder will likely show:

Changes in mood
Irritable or unhappy

Cognitive issues
Difficulty concentrating or being easily distracted

Behavioral changes
Avoidance of feared situations, withdrawal or trouble relaxing

Physical changes
Difficulty sleeping, tense muscles, multiple physical complaints, headaches or stomach aches



Three meals a day and between 1200 and 2000 calories depending on your preschooler's activity level

Limit sedentary time, and provide an hour of both structured play and free play



PARENTING YOUR PRESCHOOLER

Encourage your child to begin helping with chores

Allow an hour of screen time per day—high quality programming only!



7 WAYS TO ENCOURAGE YOUR CHILD'S LEARNING

Here are seven ways that you can create a positive learning environment to encourage your child's learning while at home.

1 MAINTAIN A POSITIVE ATTITUDE

As your child's role model, showing an interest and passion in learning helps your child believe that learning is important too!

2 FOCUS LESSONS AROUND YOUR CHILD'S INTERESTS

Encourage your child to explore topics they enjoy, such as trains or animals. Once a learning topic is chosen, challenge him or her to learn and share five new things about that topic.

3 FIND YOUR CHILD'S LEARNING STYLE

Each child has their own unique learning style. For some, seeing pictures can help make learning easier. Others learn more effectively listening to songs. Figure out which style works best for your child to make learning more fun.

4 ALLOW THEM TO CHOOSE HOW THEY WANT TO LEARN

An easy way to identify your child's learning style is to simply ask them. Offering them multiple ways to learn and allowing them to choose can keep them more engaged and feel more in control.

5 TAKE BREAKS AND GET MOVING

Taking multiple mental breaks can help your child refocus and engage more when it's time to continue learning. Take a walk outside, eat a snack, or play a game to release energy and recharge the brain!

6 FOCUS ON LEARNING, NOT THEIR PERFORMANCE

Instead of asking your child how they did on a test or if they got the answer right, have them teach you what they are learning.

7 CELEBRATE ACHIEVEMENTS

Giving positive reinforcement for good work is one of the best ways to encourage learning. Giving praise, doing a sticker chart for completed work, or just playing their favorite game can go a long way.

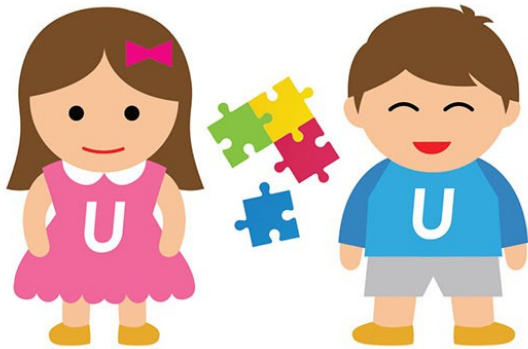
Positive Parenting Tips

- Set up a special time to read books with your toddler.
- Encourage your child to take part in pretend play.
- Play parade or follow the leader with your toddler.
- Help your child to explore things around her by taking her on a walk or wagon ride.
- Encourage your child to tell you his name and age.
- Teach your child simple songs like Itsy Bitsy Spider, or other cultural childhood rhymes.
- Give your child attention and praise when she follows instructions and shows positive behavior and limit attention for defiant behavior like tantrums. Teach your child acceptable ways to show that they are upset.



What do I need to know about

autism?



Autism spectrum disorder (ASD) describes a wide range of neurodevelopmental disorders that can cause significant social, behavioral and communication challenges.

What causes ASD?

While there is no single cause of autism, recent research has identified several genes that increase a child's risk for ASD. Children who have a sibling with ASD and those who are born to older parents are also at increased risk of developing ASD.

See your pediatrician

Children develop certain skills and abilities at their own pace. However, if you are concerned your child is not meeting milestones, consult with your pediatrician, who may recommend further behavioral analysis by an ASD specialist.

Early intervention is key — children with autism do progress.

Symptoms

Symptoms, which typically develop by age 3, include:

- Difficulty with social interactions
- Limited eye contact
- Limited emotional response (not smiling at parents)
- Delayed/unusual speech patterns
- Limited use of nonverbal communication
- Repetitive speech or body movements
- Unusual sensory interests/sensitivities

1 in 67 kids have ASD in the U.S.



Treatment options

The most well-known treatment is applied behavior analysis, used to reduce challenging behaviors and build skills across all areas of development. Other forms of treatment include language and communication therapy, occupational therapy and physical therapy. Medications are sometimes used to treat related symptoms.



On-time vaccination throughout childhood is essential because it helps provide immunity before children are exposed to potentially life-threatening diseases. Vaccines are tested to ensure that they are safe and effective for children to receive at the recommended ages.

- CDC

Events Coming Up



September 8,
2023- Children's
Hispanic Heritage
Presentation at
the Centers

NATIONAL GRANDPARENTS
DAY
SEPTEMBER 10, 2023





**The mission of
Parent/Child Incorporated is to provide high-quality
early childhood developmental and educational services
in order to empower our children and their families to
become responsible citizens who value education and
community.**



**Parent/Child Incorporated (PCI)
of San Antonio & Bexar County
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www.parentchildinc.com
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