**CFD Family Engagement Activities Guidance and Resources**

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| **Time Frame** | **Classroom Type** | **Event** | **Allowable Expenses** |
| September October | Head Start and Blend | **Parent Meeting***The Teacher and FES plan and lead this meeting together. The FES creates and sends the meeting notification/flier, obtains gas cards, does the shopping, YJT activity and will bring all necessary paperwork.*  | $50  |
| 1st Advisory by end of December | Head Start and Blend100% GSRP | **Parent Advisory Meeting** [parent advisory power point](https://www.nmcaahs.com/uploads/2/4/0/2/24026312/parent_advisory__1_.pptx)*The Teacher and FES plan a minimum of two Parent Advisory Meetings for the year. The Teacher facilitates this meeting. The Kindergarten Transition Meeting does not count for this. The FES creates and sends the meeting notification/flier, obtains gas cards, does the shopping, YJT activity and will bring all necessary paperwork. \*****One GSRP or Blend family is required to attend.***  | $50 |
| 1st by the end of December  | Head Start and Blend  | **Parent/Guardian Workshops***The FES facilitates a minimum of two workshops for the year and invites all program options. Teachers are not required to attend.*  | $50  |
| 1st by the end of December | Head Start and Blend | **Family Engagement Event***The Teacher and FES plan and lead a minimum of 2 events for the year. The FES creates and sends the meeting notification/flier, obtains gas cards, does the shopping, YJT activity and supports the event activity and will bring all necessary paperwork.*  | $80 |
| 2nd by the end of May/June | Head Start and Blend |  **Family Engagement Event**  *See above.* | $80 |
| 2nd by the end of April/May | Head Start and Blend100% GSRP | **Parent Advisory Meeting**[parent advisory power point](https://www.nmcaahs.com/uploads/2/4/0/2/24026312/parent_advisory__1_.pptx) *See 1st Parent Advisory above* | $50 |
| 2nd by the end of May/June | Head Start and Blend |  **Parent/Guardian Workshops**See 1st Parent/Guardian Workshop above | $50  |

**Guidance for Fall Parent/Guardian Meeting**

**Head Start / GSRP Blended Classrooms:**

Each classroom will conduct a **Parent/Guardian Meeting** in **September/October**. This meeting would be one that all parents/guardians are invited to attend. Please see and complete the NMCAA / GSRP Head Start Parent/Guardian Advisory Committee Report. Please see and complete: The CFD Plan for Family Engagement Activities.

The purpose of this meeting is to explain the role that parents play in the program, particularly their rights and responsibilities regarding program governance. Parents play a role in many activities related to personnel issues, site locations and program policies. At this meeting, a Policy Council Representative should be elected. This person will represent your center at ten Policy Council meetings held in a central area within our 10 counties. ***Elected Policy Council Positions*** should be completed after the elections and a copy of this form will be sent to Program Support. This meeting is also a time to point out the Parent Suggestion Box located in your classroom as well as the Parent Complaint form. All interactions with families are encouraging to parents to advocate for their child, family, and programming. **Family Engagement topics** should also be discussed.This portion of the meeting is designed to get parent input on what activities and meetings they would like to have during the program year.

**Resources needed for this meeting:**

[CFD Plan Family Engagement Activ.docx](https://nwmcaa.sharepoint.com/%3Aw%3A/s/EHSHSTeam/EXGqghqYsA5Am3S_QGbXVMkBEvI1xvn5qylA190QAQOyaQ?e=O7pOhD)

[checklist for Family engagement Events, Meetings and Workshops .docx](https://nwmcaa.sharepoint.com/%3Aw%3A/s/EHSHSTeam/EfxqO0mdw-xPh0ej8nF_mEMBlEZ2lSJOHp_VjCg3sl8yzQ?e=lR7c7n)

[Head Start Parent Meeting Postcard july 2023.pub](https://nwmcaa.sharepoint.com/%3Au%3A/s/EHSHSTeam/Edgas9glaXJHg3Dr4B_QGnABLiXTOBPIEQ7MdGnA5wOx_w?e=aSnyET)

[Parent Meeting Spanish Postcard 2023.pub](https://nwmcaa.sharepoint.com/%3Au%3A/s/EHSHSTeam/EbIhbCDIG_ZEksPzVR_TRjwBnyG8R-7fTfNkpp5XM27M1A?e=WVlipq)

[Policy Council Flyer.docx](https://nwmcaa.sharepoint.com/%3Aw%3A/s/EHSHSTeam/EVI02qf-ETFGlh-rCwY97jUBccAmWAfXEx5coH2AOe_Fhw?e=UcLKBx)

[Family Engagement and Volunteer Survey\_.docx](file:///C%3A/Users/sparent/Desktop/FES%20Forms/Family%20Engagement%20and%20Volunteer%20Survey_.docx)

[ELECTED POLICY COUNCIL POSITIONS.docx](https://nwmcaa.sharepoint.com/%3Aw%3A/s/EHSHSTeam/ERGkP2gW3XFfnMeRQw9PLL8Bzvq6hKE9oa_5nPSSmxhEiQ?e=qAdNu2)

[Policy Council Job Description update 2022 (1).docx](https://nwmcaa.sharepoint.com/%3Aw%3A/s/EHSHSTeam/EcNa8AaR98hXtABr9RZt2woB1a0c-yKiJr30cCmoML7SMg?e=WKrU7J)

[HS GSRP Parent Guardian Meeting Advisory Report and CFD Events sign in sheets 2023.docx](https://nwmcaa.sharepoint.com/%3Aw%3A/s/EHSHSTeam/EVdm94O7tp9Mq8f61iXc1moBK_B2c8eowYCg1n6VEBj2hw?e=AzTO4U)

**Guidance for Parent/Guardian Advisory Meetings**

**Head Start; Head Start / GSRP Blended Classrooms and 100% GSRP:**

* **The 100% GSRP Teacher** will plan **Parent/Guardian Advisory Committee Meetings.** **Head Start, HS/GSRP Blend Teachers and FES** will partner to plan. **Parent Advisory Committee Meetings**. All parents will be invited; the local Elementary Principal and Kindergarten Teacher(s) and (if applicable) Child and Family Specialist to attend. Inform the Education Coach of their Parent/Guardian Advisory Committee meeting dates. The Advisory Meetings will focus on local considerations, including Recruitment/Enrollment (is the classroom full and what the wait list looks like), School Readiness (explain school readiness activities happening in the classroom), *e deca*, *Your Journey Together*, PQA and CLASS goals and Child Outcome Data (share data from the most recent GOLD assessment). There is a power point to help guide the meeting sharing and conversations.
* **In 100% GSRP Classrooms, if no parents show up for the advisory meeting, the meeting MUST be rescheduled for a later time. *The GSRP Implementation Manual states that a “minimum of one family member in attendance is ideal.” This can be a Head Start / GSRP Blend family.***

**Resources needed for this meeting:**

[CFD Plan Family Engagement Activ.docx](https://nwmcaa.sharepoint.com/%3Aw%3A/s/EHSHSTeam/EXGqghqYsA5Am3S_QGbXVMkBEvI1xvn5qylA190QAQOyaQ?e=O7pOhD)

[checklist for Family engagement Events, Meetings and Workshops .docx](https://nwmcaa.sharepoint.com/%3Aw%3A/s/EHSHSTeam/EfxqO0mdw-xPh0ej8nF_mEMBlEZ2lSJOHp_VjCg3sl8yzQ?e=lR7c7n)

[HS GSRP Parent Guardian Meeting Advisory Report and CFD Events sign in sheets 2023.docx](https://nwmcaa.sharepoint.com/%3Aw%3A/s/EHSHSTeam/EVdm94O7tp9Mq8f61iXc1moBK_B2c8eowYCg1n6VEBj2hw?e=AzTO4U)

[parent advisory power point](https://www.nmcaahs.com/uploads/2/4/0/2/24026312/parent_advisory__1_.pptx)

**Guidance for Family Engagement Activities**

Described below are ways to involve Head Start and GSRP families in their child’s education. Our goal is to recognize parents/guardians as their children’s most important teachers and nurturers. We are intentional and respectful in our practices of engaging families in opportunities for building positive family relationships, protective factors, and resiliency. We acknowledge child and family strengths and encourage active parent involvement and advocacy for child/family needs and wellness, children’s development, learning and school readiness skills. The FES and Teaching Teams will work together to plan Family Engagement Activities. ***Events will begin no earlier than the children’s pickup time at the end of the school day.***

**Ways we can create “family-focused” and educational events:**

* We gather parent interests for what they would like to learn and activities to do with their children, while also weaving in the child and family curriculums and resources that we use ***as well as adding in a literacy activity.***
* We are trauma sensitive and responsive in our communications and programming. Utilizing our program’s Parenting Curriculum – ***Your Journey Together*** ***“YJT,”*** including its ***Building Your Bounce*** *and* ***For Now and Forever Booklets,*** *the* ***e deca parent resource handouts and Conscious Discipline Premium Membership Resources.***
* As we plan the Family Engagement Events with families, we guide our planning around the Head Start Family Engagement Outcomes - Family Well-Being, Positive Parent-Child Relationships, Families as Lifelong Educators, Families as Learners, Family Engagement in Transitions, Family Connections to Peers and Community, and Families as Advocates and Leaders. ***YJT, GOLD, e DECA, Conscious Discipline, Circle of Security, Theraplay, Mindfulness, Self-Care, Mind Yeti, Talk, Protect and Report bookmarks*** are resources that touch on all these outcomes.
* Please refer to the Center Celebration Policy when planning Family Engagement Events:

**Resources needed for this meeting:**

[CFD Plan Family Engagement Activ.docx](https://nwmcaa.sharepoint.com/%3Aw%3A/s/EHSHSTeam/EXGqghqYsA5Am3S_QGbXVMkBEvI1xvn5qylA190QAQOyaQ?e=O7pOhD)

[checklist for Family engagement Events, Meetings and Workshops .docx](https://nwmcaa.sharepoint.com/%3Aw%3A/s/EHSHSTeam/EfxqO0mdw-xPh0ej8nF_mEMBlEZ2lSJOHp_VjCg3sl8yzQ?e=lR7c7n)

[HS GSRP Parent Guardian Meeting Advisory Report and CFD Events sign in sheets 2023.docx](https://nwmcaa.sharepoint.com/%3Aw%3A/s/EHSHSTeam/EVdm94O7tp9Mq8f61iXc1moBK_B2c8eowYCg1n6VEBj2hw?e=AzTO4U)

[Center Celebration Policy.docx](https://nwmcaa.sharepoint.com/%3Aw%3A/s/EHSHSTeam/Eemca0ptfehPn0W1Mc6APZYBcdMjuA_1u0xq7ntjtXvfOQ?e=70O3q7)

**Guidance for Parent/Guardian Workshops**

**Ways we can create parent/guardian education opportunities:**

* We gather parent/guardian interests for what they would like to learn.
* We are trauma sensitive and responsive in our communications and programming and focus on attachment-based parenting skills and resiliency. Utilizing our program’s Parenting Curriculum – ***Your Journey Together*** ***“YJT,”*** including its ***Building Your Bounce*** *and* ***For Now and Forever Booklets,*** *the* ***e deca family resource handouts and Conscious Discipline Premium Membership Resources.***
* As we plan parent/guardian workshops, we guide our planning around the Head Start Family Engagement Outcomes - Family Well-Being, Positive Parent-Child Relationships, Families as Lifelong Educators, Families as Learners, Family Engagement in Transitions, Family Connections to Peers and Community, and Families as Advocates and Leaders. ***YJT, GOLD, e DECA, Conscious Discipline, Circle of Security, Theraplay, Mindfulness, Self-Care, Mind Yeti, Talk, Protect and Report bookmarks*** are resources that touch on all these outcomes.

**Resources needed for this meeting:**

[CFD Plan Family Engagement Activ.docx](https://nwmcaa.sharepoint.com/%3Aw%3A/s/EHSHSTeam/EXGqghqYsA5Am3S_QGbXVMkBEvI1xvn5qylA190QAQOyaQ?e=O7pOhD)

[HS GSRP Parent Guardian Meeting Advisory Report and CFD Events sign in sheets 2023.docx](https://nwmcaa.sharepoint.com/%3Aw%3A/s/EHSHSTeam/EVdm94O7tp9Mq8f61iXc1moBK_B2c8eowYCg1n6VEBj2hw?e=AzTO4U)

[checklist for Family engagement Events, Meetings and Workshops .docx](https://nwmcaa.sharepoint.com/%3Aw%3A/s/EHSHSTeam/EfxqO0mdw-xPh0ej8nF_mEMBlEZ2lSJOHp_VjCg3sl8yzQ?e=lR7c7n)

**Family Resources**

**The following websites are helpful resources to guide discussions with families, provide resources, and for leading family engagement events or ‘workshops discussions.’**

These websites promote **the *Head Start Family Engagement Outcomes*** - *Family Well-Being, Positive Parent-Child Relationships, Families as Lifelong Educators, Families as Learners, Family Engagement in Transitions, Family Connections to Peers and Community, and Families as Advocates and Leaders. These resources align with all that we promote in our practices, which are grounded in promoting attachment, strengths, protective factors, and resilience.* ***Links to these sites are within Weebly.***

* ***Aha! Parenting –*** *Dr. Laura Markham, Clinical Psychologist at Columbia University created a site with a variety of practical, research-based resources and solutions with videos for parenting prenatal-teenage years.*[*https://www.ahaparenting.com/*](https://www.ahaparenting.com/)
* ***ACES Too High*** *- is a news site that reports on research about adverse childhood experiences, including developments in epidemiology, neurobiology, and the biomedical and epigenetic consequences of toxic stress.* [*https://acestoohigh.com/*](https://acestoohigh.com/)
* ***Center for Youth Wellness –*** *Founded by Nadine Burke-Harris to improve the health of children and families.* exposed to Adverse Childhood Experiences (ACEs). [*https://centerforyouthwellness.org/*](https://centerforyouthwellness.org/)
* ***Brazelton Touchpoints Center*** *– Supports parents to feel confident in their parenting role, and form strong, resilient attachments with their children. Resources and newsletters available.* [*https://www.brazeltontouchpoints.org/*](https://www.brazeltontouchpoints.org/)
* ***Center for the Study of Social Policy / National Center on Parent, Family and Community Engagement -***  *Was established to build the capacity of* ***Head Start, Early Head Start*** *and the early care and education field to effectively partner with families, communities, support family well-being and promote children’s school readiness. Resources and newsletters available.* [*https://cssp.org/our-work/project/national-center-for-parents-family-and-community-engagement/*](https://cssp.org/our-work/project/national-center-for-parents-family-and-community-engagement/)
* ***Center on the Developing Child, Harvard University –*** *Mission to bring credible science to bear on public policy affecting children and families, including the JPB Research Network on Toxic Stress, which is developing mew measures of stress effects and resilience in young children.*  *Resources and newsletters available.* [*https://developingchild.harvard.edu/*](https://developingchild.harvard.edu/)
* ***The Center for Optimal Brain Integration*** – Trains, coaches, and consults on trauma-responses practices and strategies that build resilience. [*https://www.optimalbrainintegration.com/*](https://www.optimalbrainintegration.com/)
* ***Center for Resilient Children (Devereux) – Devereux - Center for Resilient Children*** *– Mission is to promote social and emotional development****,*** *foster resilience, and build skills for school and life successes in children birth through school-age, as well as to promote the resilience of the adults who care for them. Resources and newsletters available.* [*https://centerforresilientchildren.org/*](https://centerforresilientchildren.org/)

***Curriculums from Devereux, Center for Resilient Children-***

* ***Your Journey Together “YJT”*** *provides trauma sensitive framework and activities for families to think about, and build their families protective factors and resilience, which supports them in overall wellness, and better coping with life’s challenges.* ***YJT*** *has key elements of focusing on empowering parents & promoting a safe, trusting and healing environment. It focuses on using daily routines, activities and interactions as resilience-building opportunities, while also promoting the social and emotional well-being for children and families - infancy-preschool, including some resources through age 18.*
	+ *Utilize the Parent Handouts,* ***Building Your Bounce*** *and/or the* ***DECA******“For Now and Forever” booklets about Children’s Protective Factors*** *and key* ***YJT*** *concepts for home visits, parent-teacher conferences, and individual work with families. Some of these resources can support having difficult conversations, being used as a third-point reference. Within the online Coach Portal, there are prepared parent workshops.* ***YJT*** *is most comprehensive when used in conjunction with the* ***e DECA, e DECA Clinical or e DECA I/T.***
	+ ***e-DECA-P2: Utilize*** *the* [***www.e-deca2.org***](http://www.e-deca2.org)*system to support discussions with parents about how to enhance children’s social and emotional health, protective factors & resilience. The Strategies Selector section of individual assessments provides fantastic strategies to choose from while doing individualized child planning for school/home or for the entire classroom. The “****For Now and Forever”*** *booklets are also good resources for families and staff to explore the social and emotional development of children through building their protective factors.*
* ***Child Mind Institute -*** *Researches the science of the developing brain to change the way the world understands and treats children struggling with mental health and learning disorders to open new possibilities for children, families and communities. Resources and newsletters available.* [*https://childmind.org/*](https://childmind.org/)
* ***Circle of Security International –*** *Relationship-based early intervention program designed to enhance attachment between parents and children, help with awareness of children’s needs and if the caregiver’s responses meet those needs. Outcomes are, secure children with increased empathy, enhanced school readiness and increased capacity to handle emotions more effectively compared with non-secure children. – Animation videos available; handouts are within “For Professionals,” with fantastic descriptions and visuals of the Circle of Security, describing children’s needs and behaviors.* [*https://www.circleofsecurityinternational.com/*](https://www.circleofsecurityinternational.com/)
* ***Conscious Discipline – Loving Guidance website*** *has webinars; printable posters, tools, activities; Shubert Extension Activities; Implementation Guides; Discipline Tips; Book Study Portal; Spanish Resources; Videos for teachers / parents & “Shubert’s School.” Staff may also use our NMCAA Conscious Discipline booklets (available via support staff) and Shubert and Sophie books to facilitate discussions and activities with children and parents.* <https://consciousdiscipline.com/> *Please note that nmcaa has a premium membership.*
* ***Darkness to Light –*** *A non-profit committed to empowering adults to prevent child sexual abuse.*[*https://www.d2l.org/*](https://www.d2l.org/)
* ***Early Childhood Learning and Knowledge Center*** – *Head Start Parents, Child / Family and Community Engagement Resources.* [*https://eclkc.ohs.acf.hhs.gov/*](https://eclkc.ohs.acf.hhs.gov/)
* ***National PTAeverychild.onevoice –*** *Resources for parents & preparing for transition to Kindergarten. National PTA mission is to engage and empower families and communities to advocate for all children, making every child’s potential a reality.* [*https://www.pta.org/*](https://www.pta.org/)
* ***NFCL –*** *National Center for Families Learning – All parents regardless of socioeconomic or educational level can help their children succeed in school and in life. NCFL advances literacy and education by developing, implementing, and documenting innovative and promising two-generation practices, networks, and learning tools; e-Newsletters.* <https://www.familieslearning.org/>
* ***Center for Early Childhood Mental Health Consultation – Georgetown University for Child and Human Development – “****The Center gathers a wide range of materials that address the needs of Head Start staff / families for practical guidance on effective ways to promote young children's social and emotional development and reducing challenging behaviors.”* [*https://www.ecmhc.org/*](https://www.ecmhc.org/)
* ***CSEFEL – Center on the Social and Emotional Foundations for Early Learning – Vanderbilt University -*** *Has many resources / tools, links and training modules for Teachers and families for promoting the social and emotional and school readiness of young children birth-5. CSEFEL is a national resource center funded by the Office of Head Start and Child Care Bureau for disseminating research and evidence-based practices to early childhood programs across the country.* [*http://csefel.vanderbilt.edu/*](http://csefel.vanderbilt.edu/)
* ***Kristie Pretti-Frontczak –*** *An advocate in children’s right to learn through play, inclusive classrooms, and transformative professional development that supports teacher’s wholeness.*  <https://kristiepf.com/>
* ***Kelly Mahler –*** *has education and resources on Interoception. Interoception is a sense that provides information about the internal condition of our body—how our body is feeling on the inside which can help us be clear on our emotions.* [*What Is Interoception? | Kelly Mahler (kelly-mahler.com)*](https://www.kelly-mahler.com/what-is-interoception/)
	+ ***TACSEI – Technical Assistance Center on Social and Emotional Intervention. (Linked from CSEFEL).*** *Takes research that shows practices, which improve social and emotional outcomes for children with, or at risk for, delays or disabilities and creates free products / resources to support every day best practices.* [*https://challengingbehavior.cbcs.usf.edu/*](https://challengingbehavior.cbcs.usf.edu/) *challenging or withdrawn behaviors. Planning reports incorporate Conscious Discipline strategies. – “****For Now***
* ***Theraplay -*** *Theraplay is a child and family therapy for building and enhancing attachment, self-esteem, trust in others, and joyful engagement. It is based upon the natural patterns of playful, healthy interaction between parent and child and is personal, physical, and fun. Theraplay interactions focus on four essential qualities found in parent-child relationships: Structure, Engagement, Nurture, and Challenge.* [*https://theraplay.org/*](https://theraplay.org/)
* ***FOOD HERO – Oregon State University -*** *Offers Kid-approved healthy recipes in English/Spanish. Sorted by 5 ingredients or less, or 30 minutes or less, or kid approved. Monthly Family newsletter.* [*https://www.foodhero.org/*](https://www.foodhero.org/)
* ***Dr. Yum -*** *The Dr. Yum Project is a non-profit organization on a mission to help families and communities overcome barriers to eating well. Don’t miss the Meal-O-Matic!* [*Doctor Yum Recipes*](https://www.doctoryum.org/)
* ***NAEYC For Families –*** *The National Association for the Education of Young Children. Their families page and families newsletter provides resources for families related to finding quality childcare, and information on supporting children’s healthy development.* [*https://www.naeyc.org/*](https://www.naeyc.org/)
* ***Oregon Parenting Education Collaborative –*** *Research collaborative for creating high quality parenting education, and strengthening parenting education systems. Parenting newsletters: Toolkits for educators – Promoting healthy beginning in parenting, the value of parenting in school readiness, and also incarcerated parents. Parenting Skills ladder – on weebly.* [*https://orparenting.org/*](https://orparenting.org/)
* ***PBS Parents & PBS For Grownups –*** *Parenting Resources and classroom-ready digital resources for teachers; child development social and emotional needs, education, fun & games, food & fitness and more.* [*https://www.pbs.org/parents*](https://www.pbs.org/parents)
* ***The Mehrit Centre –******Self-Regulation*** *with Dr. Stuart Shanker. Videos for teachers and parents (preferably with guidance); descriptions, handouts and quotes about a holistic approach around the* ***science*** *of self-regulation for adults and children.* [*https://self-reg.ca/*](https://self-reg.ca/)
* ***Talaris Institute –*** *Focuses on the foundation for lifelong learning and relationships being the social and emotional development between birth-5 years. The parent-child relationship is the most essential factor in a child’s healthy development.* [*https://www.talaris.org/*](https://www.talaris.org/)
* ***Parenting Counts*** *- Emotion coaching handouts; information about comprehensive development, with development timelines, and videos (for parents & teachers) within the social and emotional, cognitive and learning and communication and language domains.* [*https://www.parentingcounts.org/*](https://www.parentingcounts.org/)
* ***Trauma Informed Positive Behavior Support*** *– (TIPBS) Provides teachers and education leaders with trauma sensitive and inclusive behavior management resources and approaches*. [*https://www.tipbs.com/*](https://www.tipbs.com/)
* ***University of Wisconsin Parenting and Family Relationships – Research and relationship based “Just in Time”*** *Monthly newsletters in English/Spanish; parenting resources about healthy relationships, school readiness, transitions, children’s eating, trauma and family issues through the from prenatal through the teenage years.* <https://parenting.extension.wisc.edu/>
* ***Vroom –*** *Provides tools and activities to support children’s brain development in innovative ways. Families can view articles/activities on brain development, subscribe to a newsletter and/or download a free app that gives daily tips.* [*https://www.vroom.org/*](https://www.vroom.org/)
* ***Committee for Children –*** *Long-standing organization focusing on policy, advocacy and resources supporting the social and emotional and mental wellness and safety of children and families. – Grassroots and national efforts; focusing on positive classroom supports; sexual abuse awareness; bullying prevention and promoting empathy.* <https://www.cfchildren.org/>
* ***Mindful*** – *Mindful Communications is a Public Benefit Corporation dedicated to sharing mindfulness through content, training, courses, and directories—helping all people, families and children enjoy better health, foster more caring relationships, and cultivate a more compassionate society. Mindful is the voice of the emerging mindfulness community. You can sign up for a newsletter.* [*https://www.mindful.org/*](https://www.mindful.org/)
* ***Mind Yeti –*** *Created from the Committee for Children – A Mindfulness YouTube channel for kids and parents that helps with: de-stressing, relaxing, calming, focus, getting along with others through practicing gratitude, empathy for others, and kindness toward themselves and also going to sleep.* [*Mind Yeti - YouTube*](https://www.youtube.com/c/MindYeti)
* ***Brene’ Brown –*** *A pioneer and researcher of studying of courage, vulnerability, shame and empathy. Her site is a hub for downloadable articles, inspiration resources, features her books and latest work.*[*https://brenebrown.com/*](https://brenebrown.com/)
* ***Greater Good Science Center/Magazine – UC Berkeley:*** *The Science of a Meaningful Life studies the psychology, sociology, and neuroscience of well-being, and teachers’ skills that foster a thriving, resilient and compassionate society. Monthly Happiness Calendar available.* [*https://greatergood.berkeley.edu/*](https://greatergood.berkeley.edu/)
* ***Happily Family –*** *A website for supporting parenting; virtual parenting classes; coaching based on the research of early childhood and mental health experts.* [*https://www.happilyfamily.com/*](https://www.happilyfamily.com/)
* ***Michigan Association for Infant Mental Health –*** *Works across Michigan to equip and support professionals who serve infants, young children and their families through specialized services in-service training, advocacy and Endorsement to support strong relationships for infants, young children and their families and those who care for them all.* [*https://mi-aimh.org/*](https://mi-aimh.org/)
* ***The New York City Early Childhood Mental Health Training and Technical Assistance Center (TTAC) –*** *Provides training and technical assistance to mental health professionals serving children 0-5 and their families in NYC and other professionals working in early intervention, pre-k and other child serving systems. Resources, trainings and newsletters are available.* [*http://ttacny.org/*](http://ttacny.org/)
* ***Paratus, with Kristen Tenney-Blackwell –*** *Kristin promotes connection, curiosity, respect, joy, attunement, and relationship. Her hope is that we change conversations and give opportunities to pause, reflect and continue to consider ways of being in the world with others. She strives to move conversations beyond just what we do to solve children’s behavior problems to include how to be with children while considering brain development and the complexity of a child’s needs to feel approachable and understandable. Resources and newsletter available.* [*https://kristintenneyblackwell.org/*](https://kristintenneyblackwell.org/)
* ***Protect Young Minds*** *– Provides tools for how adults can teach kids about what pornography is, why it’s dangerous, and how to reject.* <https://www.protectyoungminds.org/?mc_cid=cdb1f2c71d&mc_eid=e1f22cdcab>[h](https://www.pbs.org/parents)
* ***Traverse Area Children’s Advocacy Center -*** *Home is not a safe place for everyone. Traverse Bay Children’s Advocacy Center works to protect children from child sexual abuse and continues to respond to the emergency needs of children by providing forensic interviews, advocacy support, and mental health services both onsite and through HIPAA secure virtual portals. CAC is a lifeline for children and protective caregivers now more than ever.* [*https://www.traversebaycac.org/*](https://www.traversebaycac.org/)
* ***The Youth Wellbeing Project*** *– Provides essential websites and resources to educate yourself about the extensive harms of pornography.* [*https://www.youthwellbeingproject.com.au/essential-resources/?mc\_cid=cdb1f2c71d&mc\_eid=e1f22cdcab*](https://www.youthwellbeingproject.com.au/essential-resources/?mc_cid=cdb1f2c71d&mc_eid=e1f22cdcab)
* ***Zero to Thrive –*** The Zero to Thrive initiative is led by University of Michigan Drs. Kate Rosenblum and Maria Muzik with the mission to promote the health and resilience of families from pregnancy through early childhood through research, education, partnership, and service. U of M has been the leader in establishing the field of Perinatal Psychiatry to address the needs of women from preconception through pregnancy and beyond and continues the work through Zero to Thrive with multidisciplinary teams. [*https://zerotothrive.org/*](https://zerotothrive.org/)
* ***ZERO To THREE – Early Connections last a lifetime. -*** *Supporting parents around the belief that parents are the true experts on their children, and that there is no “one-size-fits-all” approach to raising children; Information and tools designed to support parents in developing their own ways to promote their children’s growth and development, parenting, policy and advocacy. Special interest focus includes, positive parenting, grandparents and extended family and military and veteran families*. <https://www.zerotothree.org/>
* ***Your Money/Your Goals Toolkit and resources - T****he toolkit has information that helps you have money conversations with the people you serve. Use the tools to help achieve goals and work through challenges****.*** *We’ve consolidated all of the websites referenced in the Your Money, Your Goals toolkit, companion sites are federal government agencies and national nonprofit organizations with state and local resources.* [*Your Money, Your Goals: Online resources | Consumer Financial Protection Bureau (consumerfinance.gov)*](https://www.consumerfinance.gov/consumer-tools/educator-tools/your-money-your-goals/online-resources/)

*10/23 EHS-HS Team\Admin\proc man\family engagement\ CFD Engagement Activities Guidance*