



A NEW START FOR A NEW YEAR

Cheers to a happy, healthy new year for you and your family! Starting a new year and making resolutions are routine for many. A great jump-start could be creating healthy resolution for the entire family. Creating goals can help prepare your family to meet whatever challenges that comes your way. Start by focusing on how you will remain healthy, improve communication and problem solve.

- **Stay healthy** – A valuable new year goal for any family is to commit to a healthy lifestyle both physically and emotionally. Take the stairs instead of the elevator or have a technology break by turning off devices for a while each today. As a parent, it is important that you stay healthy so that you're more prepared to face challenges as they arise. Help your kids stay healthy as well by encouraging them to eat well, get more sleep and talk about their feelings. [Click here](#) for more healthy tips for the whole family.
- **Don't sweat the little things** – Sometimes, it's the small things that really get under the skin and present challenges for parents. Whether it's a disobedient child or a disagreement between parents, knowing how to handle these stresses in a healthy way will be helpful. A couple of strategies to practice are being patient and to breath or to take a family time out. A little flexibility can go a long way. [Click here](#) for more ways parents can help children navigate stress.
- **Teach positive communication skills** – Be a good role model. When you talk with your child (and others) in a respectful way, this gives a powerful message about positive communication. Let your child finish talking and then respond. This sets a good example of listening for your child. Plan family meeting times where listen and speaking skills can be practiced. [Click here](#) for ways to communicate with children
- **Have Fun** – 2020 had its ups and downs, but 2021 will be better. Start this new year off by being intentional and incorporating fun in everything you do. You can try new things like take a family cooking class or learn a tik tok dance. Perhaps you can even sign up for parent-child activities like yoga or painting. [Click here](#) for more family fun tips.

PARENT RESOURCES

- **MyPlate** – MyPlate Kitchen features nutritious recipes and menu planning to serve as the building blocks for healthy meals and overall diet. Healthy meal plans that meet the Dietary Guidelines for Americans are achieved by considering total food intake of a variety of healthy foods over a period of time. [Click here](#) for recipes and resources to support building healthy and budget-friendly meals.
- **Free Brazelton Training** – Brazelton Touchpoint is providing a series of free 1-hour webinars and an on-line learning community that will explore the virtual challenges and opportunities posed by virtual service delivery, and share strategies providers have found for building and sustaining strong relationships with families virtually. [Click here](#) for training schedule and topics.
- **First3Years Baby Day** – Baby Day is the only statewide celebration of babies and toddlers, when early experiences shape lifelong potential. Presented by First3Years, their third annual event will be a week-long celebration, taking place entirely on-line from February 7-13, 2021. The digital event will bring more than 100 partner-led activities centered around early learning child development, including infant & toddler yoga, music classes, dancing, curated art, story time and more. [Click here](#) to register.
- **CLI Engage** – [Click here](#) to learn about how hosting planned, playful, and purposeful family events are an excellent way to prepare parents to be successful home educators and engage as partners in their child's educational support team.
- **Start Smart Texas** – Sends texts to parents and caregivers with tips for helping children with early literacy, math, social-emotional development and other skills needed to succeed in their early childhood educational programs. Enroll by texting LEARN to 274448. [Click here](#) to access the website for further details on Start Smart Texas.
- **TEA RECESS Regional Development Fund** – Free Early Childhood Education Training equips teachers with the tools and resources to enhance quality learning and to improve teacher/child engagement in the classroom. Grant amounts will range from \$50-\$1,000. [Click here](#) to browse local professional development opportunities available from now until December 2021! [Applications are available now!](#)



Is there an early childhood education training or conference you've wanted to attend, but found it challenging due to financial reasons?