

“Get an Early Start” News for Parents of Children 0-5



Welcome to our holiday e-newsletter specifically for parents who have children ages 0-5, and the professionals who serve them! We are focusing the resources in the newsletter on different activities to bring joy to what will be a very different holiday season for many! We have created a [list of activities](#) that can be done at home, as well as drive-through Christmas lights, and virtual Santa visits! And, don't forget about the [visual choice board PDF for physically distanced “hello”](#), to help your child stay connected to all those distant relatives and family friends you may be seeing during the holidays, in an appropriate, physically-distanced, way. We also want to highlight some additional events and support that may be of interest to you as a parent, or a professional serving the 0-5 population. All PHP events are free of charge, but registration is required unless otherwise noted. And, as always, please, check our website for additional, valuable training and on-line support opportunities.

Highlights of our December On-Line PHP Events Calendar:

Wednesday, Dec 2, 10 am-noon, “Building Resilience in Young Children and their Families” Presented by Moira Sullivan, MS, OTR/L For First Five Partners, parents welcome. We plan to cover the importance of resilience, how parenting has changed over recent generations, and ways to build resilience. Building resilience by learning to work through challenges both big and small is a lifelong skill that helps children grow into healthy and happy adults. <https://www.php.com/event/building-resilience-in-young-children-and-their-families/>

Wednesday, Dec 2, 7-8 pm: “SOS (Saving our Sanity): Caregiver Support During the Pandemic.” Each session will begin with a few minutes of insight followed by time for the group to work together on the weekly topic or individual stressors you want to discuss with others who understand and share your journey. Topics:

- 12/02/2020: Building Our Skills: Telling our Story of What We Need and How We Feel About It
- 12/09/2020: Building Our Skills: Moving Ahead from Stuck to Action



- 12/16/2020: Putting It All Together: Celebrating Success and Anticipating New Journeys

<https://www.php.com/event/sos-saving-our-sanity-caregiver-support-during-the-pandemic-9/>

Monday December 7, 8:30-9:45 pm: “The Early Years: Special Needs Parent Support Group” Co-sponsored by the Los Gatos JCC and Parents Helping Parents. This group is compassion-based and meant to build connections to others who understand your family’s unique journey. Meets every other Monday. <https://www.php.com/event/the-early-years-special-needs-parent-support-group/>

Tuesday, December 15, 7:00-8:30 pm “Special Education Basics” Would you like to improve your skills and knowledge to become active partners in developing your child’s educational program? This training will help you understand the special education process; it is an overview of the ins and outs of the IEP. The goal is to help you understand your rights, recognize the value of your parenting expertise, and improve your communication and problem-solving skills. Whether the IEP team is meeting virtually or in-person, your participation is essential! <https://www.php.com/event/special-education-basics-workshop/>

No Baby n Me Music Group this month- Mr. Chris will return in January!

Other FUN activities:

Saturday December 5, 10 am-noon and 2 pm-4pm, December 10 3-5 pm Virtual Santa Visits Sign up by November 30th <https://www.php.com/event/virtual-visit-with-santa-all-ages-welcome-2/>

Other Helpful Resources for the Holidays:

“Holiday Ideas for 2020” A list of activities including activities done in the home with your family, virtual visits and shows, and drive-through opportunities for some holiday cheer! <https://bit.ly/32VQ8Pd>

Activity and Toy Hierarchy for Toddlers by Laura Mize, M.S., CCC-SLP of Teach Me to Talk <https://bit.ly/2ISUO1h>

“Physically Distanced Hello Visual” Downloadable PDF, on left side of website screen. <https://www.php.com/early-childhood-special-needs/>

We hope to “see” you at one or all of these events!

Questions? 408-727-5775 or info@php.com – ask for an Early Start Specialist



Preguntas? 408-727-5775 info@php.com – pregunte por una especialista de Early Start