

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



Welcome to our e-newsletter specifically for parents who have children ages 0-5, and the professionals who serve them! I hope you are managing to stay cool in the heat of the summer- it is starting out to be a very warm one. This month, I want to highlight our services and trainings available to our families that speak languages other than English.

We are very excited to present, for the first time ever, a three-part presentation on [Transition at age 3](#) in Vietnamese! This series will be held July 20th, July 27th and August 3rd via Zoom. Each session will highlight a different element of the transition and allow plenty of time for questions and conversations. Please share this information with families you may know that may benefit from this! The informational parts of the sessions will be recorded for those who cannot attend.

Our extremely popular Parent Cafés are also available in Spanish to help parents connect and feel empowered. This month's theme is “[A Pocketful of Sunshine](#)”, in Spanish, “[Un Rayito del Sol](#)”, and will focus on building resilience to get through the often chaotic times that parenting brings!

Also, did you know that our “[Baby n Me](#)” monthly music group can be translated into Spanish in real-time for our Spanish speaking families? You can also request favorite nursery rhymes and songs that are in Spanish for your little ones to listen and sing along with as you build connections not only with your child, but with the other young families attending!

I also encourage you to explore our 0-5 informational pages that are available on our website's other languages tab. We have an Early Childhood page in both [Spanish](#) and [Vietnamese](#), with links on them to all the services available in that language for that age group, including videos and e-packets.

I have included information on other PHP events that may be of interest to you, as always! Many of them are also available in different languages. We hope to see you at one or more events in July!

Highlights of our July On-Line PHP Events Calendar:

Monday, July 19th 8:30-9:45 pm “[The Early Years: Special Needs Parent Support Group](#)” For parents and caregivers of children approximately ages 2-8 with any



diagnosis. Facilitated by Rabbi Laurie Matzkin, JCC Mindful Jewish Journeys Educator. The group is compassion-based and anyone interested in meeting others sharing the journey of parenting a child with special needs is encouraged to attend. Jewish wisdom will be used as a framework for discussion prompts; however, no Jewish background or affiliation is necessary.

Tuesday, July 20th, 3:30-4:30 pm “[Baby n Me Music Group](#).” Join Mr. Chris, Music Therapist, for this fun-filled hour where a small group of parents and children come together to play and connect through MUSIC! Strengthen your connection with your child through joyful music-making experiences, and you will have the opportunity to meet other parents of babies, toddlers, and preschoolers in a fun, relaxed way. Must register in advance.

Wednesday, July 21st, 7:30-8:30 pm “[SOS: Saving Our Sanity](#)” Stress? Who needs it? For anyone, a little stress can help to motivate us and a certain level of stress is inevitable. For special needs families, that level moves to a whole new dimension. Join us for this series when we look at strategies to learn what stress is inevitable and ways to work through it. We will dispel some myths about self care while looking at what really helps us to stay balanced and healthy by finding ways to be in control when life is not by exploring very practical ways to manage stress.

Thursday, July 22nd, 7:00-8:30 pm “[A Pocketful of Sunshine! Let’s Talk Resilience](#)” Parent Café. Parent Cafes are safe spaces for parents and caregivers to relax, reflect, and talk about the joys and challenges of raising a family. Parent Cafes are judgment-free zones where we share experiences and resources while learning from one another. Cafes look to parents and caregivers as leaders and experts in their own lives. You will be able to meet other parents of young children with delays or disabilities in small, confidential Breakout rooms, as well as in a larger meeting room, and comfortably learn and share from each other.

Most PHP webinars, support groups and services are FREE, with pre-registration required. We are committed to providing innovative, high-quality online content to families like yours. [Please consider making a voluntary donation](#) to help us continue this important work for families raising children with special needs throughout our community! Thank you!

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