

## “Get an Early Start!” December 2021 News for Parents of Children 0-5

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Welcome to our e-newsletter specifically for parents who have children ages 0-5, and the professionals who serve them! It is a quieter month of events for Parents Helping Parents- we hope you, too, get to slow down the pace and enjoy this holiday season with your families and friends.

Many families are looking to find holiday events to attend. [This website](#) has some family-friendly activities listed for San Jose. If you are looking for help with toy donations or food to make these holidays merry, [this website](#) has a listing of places in Santa Clara County that may be able to help. And of course, for our little ones, the holidays are all about changes of routines, which can be so difficult for them, no matter how fun! Social stories and visual schedules can help. [This website](#) has several listed that can be very helpful! Some of the links are old, but many are still available. And of course, if you need any information on social stories, visual routines, etc- please don't hesitate to reach out!

We had a successful roll-out of our very anticipated digital Family Care Notebook, available for free in [English](#), [Spanish](#) and [Vietnamese](#). If you couldn't attend, just click on the links, and you can watch the video, and make a copy of the templates for your use!

We hope to see you at our [Parent Cafe's](#) or [Vietnamese support group](#) this month! We also have a Facebook Group that we encourage everyone to join. We have been posting information that may be of value, and we also encourage others to share opportunities for parent leadership and training. [Join here!](#) It is a private group, with no selling of products or services. However, free events of interest will be allowed!

### Highlights of our December On-Line PHP Events Calendar:

**Thursday, December 9th, 7:00-8:30 pm** “Autism Support and Information Group <https://www.php.com/event/autism-support-and-information-group-online-meeting-for-parents/>” Join Kat Kanaaneh and Hadeel Ammari, volunteer support group facilitators on Zoom. Kat will be sharing some tips that have helped her family and maybe you have some of your own to offer. Or, maybe you need new ideas from people who understand



the complications in your life? Regardless, this meeting will be good for sharing and caring about each other. New families and caregivers are always welcome!

**Wednesday, December 15th, 7-8:00 pm** “[Nhóm Hỗ trợ Phụ huynh Chương trình Early Start](#)” Support group and information sharing for Vietnamese speaking families with young children.

**Thursday, December 16th, 7:00-8:30 pm** “[Parent Cafe! for Families with Children ages 0-5 years](#)” 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. Parents explore their strengths and learn about the Be Strong, Strengthening Families™ Protective Factors.

**New! On-line e-packets and videos!**

Get an Early Start! Play Opportunities for 0-5-year-olds [English](#) and [Spanish](#)  
Family Care Notebook webpage and video in [English](#), [Spanish](#) and [Vietnamese](#)

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](mailto:info@php.com) – ask for an Early Start Specialist  
Preguntas? 408-727-5775 [info@php.com](mailto:info@php.com) – pregunte por una especialista de Early Start

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