



**First Start
Partnerships**
for **Children & Families**

December 2021 | Issue 12



thefamilycenter

VIRTUAL CENTER

Thriving Families for a Stronger Community



Heart to Heart

You are a gift!

You make the magic of the season and the traditions that will stick with them for years. You are the glue that holds things together when it could easily fall apart. You are the love that wraps warmly around them when its cold. You are their light when the world is dark.

Never forget that you are the most important gift to that child you love!



We want to know!

It is very important that our newsletters be supportive and helpful to YOU, the families in our community.

While we know these are all important, what topic interests you the most?

Keeping my child healthy

Select

Getting my child ready for school

Select

Supporting my child's mental health

Select

Building stronger family relationships

Select

Programs in our community for children and families

Select

How to choose an early learning or child care program

Select



5 GIFTS TO GIVE A CHILD *this holiday season*

TIME

Time spent with your child helps them develop a stronger bond with you. It allows them to watch and learn skills they will need throughout their entire life.

ATTENTION

Children learn through experiences with their world. Your attention to them is at the heart of their learning.

PATIENCE

Developing new skills need lots of practice. Activities done over and over allow your child multiple opportunities to learn.

CONVERSATION

Your child is able to understand language before they can speak it. New words and sounds in conversations help them form their foundation for reading.

ENCOURAGEMENT

Positive words of encouragement create a bond between you and your child. This supports them while trying new learning experiences.



www.papromiseforchildren.com



buying
month...

I'm feeling
depressed...

How can I get help
finding legal aid?

Where can I find
a support group?

I'm having trouble
finding employment...

I can't afford to pay
my medical bills...

Is there an
after-school program
in my area?

I need to find
affordable housing...

How can I
help you?

**United Way 2-1-1 Connects You to
Information about Community Services**

Dial 2-1-1

Free, confidential information & referrals, Available 24/7



REFER A FRIEND!

Love what you see? Want to share it with your friends and family?
When you submit a referral, your friend or family member will receive this
amazing newsletter in their inbox each month!

Each new sign up will get a gift AND you will receive a gift card from us for
helping us spread the word!

[Submit a Referral Today!](#)



Give the gift of
your presence!
Try this snowy
meditation with
your family
today!
Meditation is a
great way to
practice being

present
together!



Stay up to date!



We will feature family-friendly ideas, tips and local events each week on our Facebook page.

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Below you can find some great things to do from our partners!

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This Project was funded by Summit Endowment.