

CENTER FOR EARLY CHILDHOOD EDUCATION

Winter Newsletter



RIVERSIDE

Center for Early
Childhood Education

IN THE NEWS

- Important Dates to Remember
- Reminders
- Upcoming Parent workshops
- New apps for Parents
- Future Collaborations



WELCOME

Welcome back everyone, we hope you all had a wonderful holiday break. We have so many great events coming up, as well as some new updates for everyone. We look forward to another wonderful quarter here at the Center for Early Childhood Education (CECE).



IMPORTANT DATES TO REMEMBER

- February 19th - President's Day (Center Closed)
- February 29th - Kindergarten Parent Information Night
- March 8th - Kindergarten Modified School Day
- March 25th - 29th - Kindergarten Spring Break
- March 29th - Cesar Chavez Day (Center Closed)



PARENTING_RIVERSIDE



RSVP at
(951)827-2666
Walk-in Welcome

In-Person Class Times

1/17 - 3/6/24
Wednesdays
3:15 - 5:15 PM

3333 Watkins Dr
Riverside, CA

Program Overview:

- Week 1: Positive Parenting
- Week 2: Helping children develop
- Week 3: Managing Problem Behavior
- Week 4: Planning and Integration
- Week 5-7: 1-on-1 Phone calls with facilitator on strategic application
- Week 8: Program Ending

PARENTING CLASS FOR FREE

RECEIVE \$20 GIFT CARD*

* Class Graduates receive a free book & a \$20 Gift Card. All Residents of Riverside County who cares for a child age 2-12 qualifies for this class



This quarter we are partnering with the Wylie Center and the Women's Resource Center to bring together some great resources and workshops for the Parents of CECE and UCR.

The Wylie Center will be collaborating with CECE to bring a new set of Parenting Classes beginning January 17, 2024 and are every Wednesday until March 6, 2024, from 3:15pm to 5:15pm in the North Center Conference Room. The course will be presented in a hybrid format, register with the link below to receive the zoom link and the workbook.

<https://forms.gle/E9XVdBoHaeoN4hin9>

WE WILL CONTINUE OUR MONTHLY MEETINGS WITH THE RIVERSIDE UNIVERSITY HEALTH SYSTEM (RUHS) EVERY LAST WEDNESDAY OF THE MONTH

PARENT CAFE'S WILL BE HELD IN THE NORTH CENTER CONFERENCE ROOM STARTING JANUARY. THEY WILL BE HELD FROM 3PM TO 4PM.

PARENT CAFES PROVIDE A SAFE AND NON-JUDGMENTAL OPPORTUNITY FOR PARENTS TO ENGAGE IN CONVERSATIONS ABOUT THEIR CHALLENGES, SUCCESSES, AND STRATEGIES.



NURTURING PARENTING WORKSHOPS

Nurturing Parenting is an interactive workshop that will help you better understand your role as a parent. Help in strengthening your relationship and bond with your child. Learn new strategies and skills to improve your child's concerning behavior. Develop self-care, empathy, and, self-awareness.

Last Wednesday
of each Month
3 - 4:30 p.m.



TOPICS INCLUDE:

- 9/27/2023 - Age & Stages of Growth in Infants & Toddlers
- 10/25/2023 - Ways to Enhance Positive Brain Development in Children & Teens
- 11/29/2023 - Communicating with Respect
- 1/31/2024 - Understanding Feelings
- 2/28/2024 - Understanding & Developing Family Morals, Values, & Rules
- 3/27/2024 - Praising Children & their Behavior
- 4/24/2024 - Alternatives to Spanking
- 6/26/2024 - Learning Positive Ways to Deal with Stress & Anger



Workshops will be held virtually on Zoom. To join each month click on the link below

➔ [Join Workshop](#)



If you are in need of reasonable accommodation, please contact UCR Early Childhood Services at 951-827-2666.

BrightLife Kids

A CalHOPE program by Brightline

Get support with the tough stuff and help your child thrive

No costs attached. No insurance required. No referrals needed.

BrightLife Kids — a CalHOPE program* by Brightline — is designed by youth behavioral health experts to give you and your child the emotional and behavioral support your kids need to succeed.

BrightLife Kids offers live video sessions and secure chats with a dedicated behavioral health coach, and on-demand digital resources to parents/caregivers and kids aged 0–12 who live in California.



BrightLife Kids includes things like:

- ✓ Teaching kids how to manage sadness, worries, anger, social challenges, family relationships, difficulties with friends, bullying, self-confidence, and more
- ✓ Helping parents build confidence and structure — we can help you be the kind of parent/caregiver you want to be
- ✓ Bilingual coaches (English/Spanish) and translation to 17 other languages* available
- ✓ Coaches who come from diverse backgrounds (just like the families they work with) and are sensitive to different cultures, traditions, and ways of life
- ✓ Coaches who have training and experience working with LGBTQ+, BIPOC, and gender-diverse populations
- ✓ Coaches who specialize in personalized coaching for kids and families and know when it's time to refer families to a higher level of support in the community

Get started in just 3 easy steps:

1. Visit us at brightlife.kids to create your no-cost account.
2. Get a personalized care recommendation.
3. Explore no-cost resources, chat with a coach, or schedule your first appointment. Appointments are available within days, not months!



Scan the QR code

or visit brightlife.kids to
create your no-cost
account today.

*The Children and Youth Behavioral Health Initiative (CYBHI) is a \$1.7B package of investments initiated by Governor Gavin Newsom to support California's kids. One of the goals of CYBHI is to give kids and families the opportunity to receive expert behavioral health support in an easy-to-access, digital format. Brightline was chosen out of 450 vendors to be the partner for children ages 0–12 and is proud to introduce BrightLife Kids — a CalHOPE program by Brightline.

**Chinese, Vietnamese, Tagalog, Korean, Armenian, Russian, Farsi, Japanese, Arabic, Cambodian, Hindi, Hmong, Thai, Laotian, Punjabi, Marathi, and Ukrainian

We are very excited to be partnering with Brightline and Soluna to bring free resources to parents and children from ages 0-25 years of age.

BRIGHTLIFE KIDS

Brightline Kids is geared towards children and parents from the ages of 0-12 years of age. BrightLife Kids offers live video sessions and secure chats with a dedicated behavioral health coach, and on-demand digital resources to parents/caregivers and kids aged 0–12 who live in California.

SOLUNA

Soluna will provide youth and young adults (ages 13 – 25) with immediate access to a comprehensive mental health toolkit, community support, resources, journaling, and personal coaching – all at no cost to the user, their parents, or their school



California's **free mental health app**
for ages 13 - 25.

Soluna is a CalHOPE program powered by Kooth and funded by the California Department of Healthcare Services.



Explore anonymously

Rest assured that your app experience is **completely anonymous** and your data is private and secure.

Destress and reset

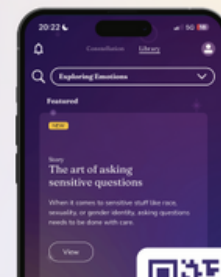
Use research-backed tools, like Thought Shaker, Free Write, and Mood Log to bring calm, confidence, and focus.

Chat 1:1 with a coach

Feeling stuck? Schedule a session or simply drop in. No strings or cost attached.

Close your wallet

Explore the app at no cost with no insurance required. Ever.



Download the free
Soluna app on the App
Store or Google Play.



Reminders

SICK POLICY

If you're child is presenting symptoms:

- Fever of 100 degrees or higher
- Nausea or Vomiting
- Diarrhea
- Excessive Coughing
- Excessive Runny nose
- Unexplained Rashes

The child will be sent home and will need to be out until they are symptom free for 24 hours without the aid of medication.

Although these are the most common, please refer to the Parent Handbook on pages 21-22 for a comprehensive list of symptoms and course of action taken.

CECE.UCR.EDU/PARENT-HANDBOOK



SIGN IN SHEET

Sign the sign in and out sheet with a full signature at the time of drop off and at pick up.

Virtual sign in sheets will also now need to be signed with a full signature. Initials are no longer allowed on the daily sign in, as well as the end of the month signature.

Reminder to sign on attendance sheet even if Child is absent. Please write in on sheet reason for absence: vacation, child sick, etc

R' CARDS

R'Cards are required to access the buildings. If you have not received your R'Card, they can be ordered online via the R'Card portal.

<https://ucrcard.ucr.edu/center-early-childhood-education>

Or they can be obtained on campus at the Bookstore.



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