

Partnerships 4 Families News 4 You

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Area Directors Note

Resilience is the theme of the Sesame Streets in Communities packet that will be dispersed across our area in January.

Resilience, what is that??? I remember about ten years ago when that topic started to pop up, it was during a Lemonade for Life training and it became one of my favorite words.

However, resilience is a word that is hard to define. The Oxford Language defines it as: the capacity to recover quickly from difficulties. I myself would take out the word “quickly” because some things take time to recover but the goal is the recovery or adjust to the new circumstance.

Emergency Plans

Emergency plans were utilized on December 15th at many places across our four counties. Thankfully, there were no injuries reported and people were given advance warning of the pending storm.

Now is the time for childcare entities to ask, “Did our current emergency plan work?” While everything is fresh in people’s mind, it is the best time to

Wikipedia may say it better:

“Psychological resilience is the ability to mentally or emotionally cope with a crisis or to return to pre-crisis status quickly. Resilience exists when the person uses “mental processes and behaviors in promoting personal assets and protecting self from the potential negative effects of stressors”.

However, my favorite is good old Webster: Resilience: the ability to become strong, healthy, or successful again after something bad happens.

Whatever definition you prefer, give resilience some thought and how it is important in a child’s life.

The SSIC packet for this month is attached to the newsletter email. Share it with families you serve.

- ◆ Every Child beginning at birth will be healthy and successful.

review a plan and make changes if needed.

Emergency plans can be daunting to do but at times like December 15th we realize the importance of them.

Consider making a plan for your family if you do not have one. [Ready.gov](https://www.ready.gov) is a great resource for anyone wishing to make a plan.

PBS Kids for Parents Top Picks in 2021

PBS has put together a list of the [top activities, articles, games and apps from 2021](#). The all-time favorite is the Rainbow Celery Experiment. Check out the list and more at [PBS.org](#)

If you encounter families with struggling how to control screen

time direct them to PBS and all the wonderful shows, activities and apps that are developed with children and learning in mind.

Children today are going to grow up in a digital world it is a matter of directing them to a healthy digital diet.

Child Care Resource & Referral



Do you know a family looking for childcare?

CCR&R agencies are community-based programs staffed by early care and education professionals that work to connect families with quality childcare services. CCR&R has a

free, confidential service that offers parents customized referrals to childcare programs along with several educational tools to aid in their search for quality childcare. [Click here to begin your childcare search.](#)

*“Why Worry? If you’ve done the very best you can, worrying won’t make it any better.”
Walt Disney*

Save the Date: January 5, 2022

What is happening in early childhood in Iowa? On Wednesday, January 5, 2022 from 1:00pm-2:30pm, Early Childhood Iowa's system partners will highlight Iowa's early childhood system statewide initiatives. ECI State Board members, ECI Area Board members, early childhood

programs and service providers, Iowa legislators, and any stakeholder in Iowa's early childhood system are encouraged to attend this virtual event.

A link to the meeting will be sent out in the ECI Monthly Musings.

Early Childhood Task Force Meetings

A spring four county meeting is being planned for March or April to bring early childhood providers together to discuss next steps in our outreach regarding Social-Emotional Development. We will also discuss gaps in services.

Please let Cindy know of any conflicts in March or April and we will plan accordingly.

The focus of the Early Childhood Task force is to bring early childhood providers and advocates together, benefiting the children in our area through collaboration.

Early Childhood Iowa Stakeholder Alliance

Are you familiar with the ECI Stakeholder Alliance? If not check out information about them on the Early Childhood Iowa website <https://earlychildhood.iowa.gov/system/s/state-system>

The Stakeholder Alliance is one large group and many sub committees working on various efforts across the

state that influence the early childhood system. A visual with a list of all the component work groups is available at: https://earlychildhood.iowa.gov/sites/default/files/documents/2020-11/tool_a_11_19_2019_update.pdf

Consider joining a component work group in 2022.



Winter Safety and Wind Chill

It is that time of year again when we start talking cold temperatures and wind chill... It may be chilly but children can bundle up and enjoy the chilly weather. When talking to parents provide them with the following information provided by the experts.

Childcare providers use the [Child Care Weather Watch](#) to determine when it is safe to take children outside to play.

And

The American Academy of Pediatrics through their website [healthychildren.org](https://www.healthychildren.org) provides us with [Tips to Keep Kids Warm All Winter](#).

That includes you adults too! Bundle up and take a walk!

Community Coalition Meetings

Community coalition meetings are intentional meetings of community members and service providers gathering to network for the benefit of the people they serve. Anyone is welcome to attend.

Audubon County meets at 11:30 AM on the 2nd Wednesday of the month in January, April, June & October at the ISU Extension meeting room in Audubon. Their next meeting is: **Wednesday January 12, 2022 at 11:30 AM, We will meet in person and possibly Zoom.**

Carroll County meets at noon on the third Wednesday of every other month. Their next meeting is: **Wednesday at Noon on February 16 @ ISU Extension Meeting Room in Carroll.** *Now meeting every other month. Mental Health Coalition meets on the opposite months*

Greene County meets on the first Tuesday of the month at noon at ISU Extension in Jefferson. They do take July & August off. Their next meeting is: **Tuesday January 4th** We will meet in person and via Zoom.

Guthrie County meets at noon four times a year in March, June, September and December on the second Thursday of the month at the ISU Extension meeting room in Guthrie Center. Their next meeting is: **Thursday March 10th at noon.** We will be meeting in person and via Zoom. Cindy D will be sending out a link.

Join us, the success of the meetings are driven by the people attending and the connections that are developed. In addition, invite others to join us.



Partnerships 4 Families
Early Childhood Iowa
Area for
Audubon, Carroll,
Greene and Guthrie
Counties

E-mail:
p4fchildren@gmail.com

Cindy Duhrkopf
Area Director

We are on the Web!
www.partnerships4families.org

P4F Board

Do you know of someone who is a great advocate for children? We want to talk to them. We have one more position open on the P4F board that we want filled before we have a couple of graduations in June. Send us names and phone numbers and we will follow up.

The meetings are open to the public; agendas are available on our website 24 hours in advance of the meeting.

Next Meeting is:
Thursday January 20th at 11:00 AM at New Opportunities in Carroll and Via Zoom.

Power of Play

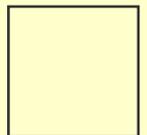
The AAP has teamed up with Melissa and Doug to provide a wonderful digital booklet about the Power of Play. While we try to get hard copies of the great pamphlet, you can sign up at [Melissa and Doug](#) to download your own copy.

Do you have other resources like this that you would like to have a hard copy of? Let us at P4F know and we will do some researching on how to make copies available in our area.

In the meantime, get out and PLAY!!

Partnerships 4 Families
PO Box 672
Carroll, IA 51401

www.partnerships4families.org



SHARE THIS NEWSLETTER WITH

- ❖ CO-WORKERS
- ❖ EARLY CHILDHOOD PROFESSIONALS
- ❖ PARENTS
- ❖ EARLY CHILDHOOD ADVOCATES

OR FIND IT ON THE WEBSITE AND SHARE THE LINK