

Pre Boston

Family Newsletter – October 2022

Monthly News from Boston Universal Pre-K for Parents and Caregivers

Dear Parents and Caregivers,

We are in the second month of the school year and your children have been settling nicely in the classroom, learning important concepts through the Focus on Pre-K curriculum, making new friends, collaborating with peers, and following directions. We are very proud of them! So should you be!

To follow their progress and to be able to support their learning at home, we are inviting you to familiarize yourself with the [home links](#) for Unit 1 of the curriculum. The theme covered in October is “Family.” Some of the books that your children will be reading and acting in class include: “[Peter’s Chair](#)” by Ezra Jack Keats, “[Sometimes I’m Bombaloo](#)” by Rachel Vail, and “[The Seven Chinese Sisters](#)” by Kathy Tucker. Expect to be asked to share family portraits as well as stories that are unique to your family!

We also inviting you to participate in the upcoming **UPK Open House on November 10 from 6:30-7:30 PM**. At this virtual event on Zoom, you will get you better acquainted with the Boston UPK program and learn about the benefits to your family - which include workshops hosted by BPS and partner organizations, leadership opportunities, and priority registration for your child in BPS K2 through the Connector System when the BPS school registration period rolls around this winter. You must register for the Open House in advance [here](#). Upon registering, you will receive an email with the Zoom meeting link for Nov. 10. Attendees will be entered in a raffle to win a Target gift card! Additional information will be forthcoming from your program’s family engagement coordinator.

We are in the process of recruiting parents and caregivers of current UPK students to join the Early Childhood Family Council (ECFC). The ECFC was designed to create a forum where your voice as a UPK parent or caregiver can be heard and members can have the opportunity to influence both the governance model of Boston Universal Pre-K programs across the city and the curriculum of the Boston Public Schools Department of Early Childhood. If you would like to learn more about this opportunity to represent your program, please contact your family engagement coordinator.

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Events & Opportunities

Boston UPK Related Services Family Workshop: Intro to Special Education

**Wednesday, Oct. 26, 5:30-7:30 PM or
Saturday, Oct. 29, 10-11:30 AM**

In this virtual workshop, BPS staff will provide an overview of the special education process. Register for Oct. 26 [here](#); Register for Oct. 29 [here](#). Flyer available - [English](#) and [Spanish](#)

UPK Open House (virtual)

Thursday, Nov. 10, 6:30-7:30 PM

Learn about opportunities available as part of your family’s participation in UPK. Participants must register [here](#) to receive a Zoom link via email .

Power of Parenting (POP) Program, Birth-3, Spanish (virtual)

Boston UPK partner Families First is offering the first 12-week POP of the year for parents and caregivers of children Birth-3 (series in Spanish). Program begins Nov. 1 and meets on Zoom on Tuesdays and Thursdays from 6-7:15 PM (optional info session on Oct. 25 at 6 PM) Register [here](#). Find a flyer [here](#) or on the next page.

Boston UPK Behavioral Health Family Workshop: Responding to Challenging Behaviors

**Thursday, Nov. 17, 6-7 PM or
Saturday, Nov. 19, 10-11 AM**

In this virtual workshop, share ideas and learn best practices for responding to challenging behaviors - like when your child is having a tantrum while out running an errand. Register for Nov. 17 [here](#); Register for Nov. 19 [here](#).



En alianza con:



¿Tiene un hijo o hija entre nacimiento y 3 años de edad?

ÚNASE AL PROGRAMA **VIRTUAL** EL PODER DE LA CRIANZA™!

EL PROGRAMA INCLUYE: DETALLES DEL PROGRAMA:

- 12 sesiones, dos veces por semana
- Posibilidad de ganar hasta \$100.00 en tarjetas de regalo para viveres

- Martes & Jueves (Espanol)
- Comienza 1 de noviembre
- 6:00 – 7:15 PM
- Link de Zoom sera enviado al registrarse
- Sesión de informativa 25 de octubre, 6pm

- Oportunidades de Liderazgo
- Oportunidad para ganar ropa profesional de Dress for Success o Suits & Smiles



APRENDA

sobre las etapas de desarrollo de su hijo/a

CONNECTE

con otras madres y padres y comparta experiencias

EXPANDA

su repertorio de estrategias de crianza

RELÁJATE

descubriendo técnicas de autocuidado

CREZCA

individualmente y como comunidad



Espacio Limitado. Regístrese hoy!

<https://tinyurl.com/UPKPowerofParenting>

Para mas información, contáctese con: Marissa Lehrman • mlehrman@families-first.org • 781-819-3522

Positive Behavior Support (PBS) at Home Series, Part 1

By Liz Muscolino, M.Ed., EdS

UPK Behavioral Health Services Liaison

What Is Positive Behavior Support (PBS)?

Positive Behavior support, or PBS, is an approach to interacting with children that has been shown to improve child behaviors and adult feelings of well-being. This approach helps adults shift the language that they use with children and helps shift the focus onto what the child is doing well rather than areas of weakness. All behavior is communication. When we acknowledge our child's behavior - even behaviors like tantruming - as communication, we can move away from snap judgements and knee-jerk reactions and start to use every situation, no matter how unpleasant, as an opportunity to use Positive Behavior Support at home or Responsive Caregiving.

Why Is Positive Behavior Support (PBS) Important?

Despite the fact that 91% of parents surveyed from a large, diverse sample say that parenting is their greatest joy, many parents also report having a lot of questions about child-rearing. PBS, Responsive Caregiving, and Positive Parenting can offer some answers on the journey of parenthood. Zero-To-Three provides some guidance to parents through "a set of parental behaviors that support your child's capacity to love, trust, explore and learn" called Positive Parenting. Each month in this year's family newsletter, we will share, review, and provide examples of one of the nine key elements of Positive Parenting.

Check out this 5-minute [video](#) from Zero-To-Three about Positive Parenting. You can also see the full article, "Nine Elements That Power Positive Parenting" from Zero-To-Three [here](#).

Key Element #1:

Imagine your child's point of view, especially during tough moments.

Try to remember that your child's perspective is different from yours. What are your immediate thoughts when you see or hear your child having a tantrum? You may think "he's being so unreasonable!" or "we are already late and we need to leave!" Keep in mind that, from your child's perspective, it may be truly devastating that she can't wear sandals when it's snowing outside. Consider taking a deep breath and trying to understand where your child is coming from. Tell yourself, "he's only three, so he is still learning how to handle things like this," or "she is young and doesn't understand how this works yet."

This is Part 1 in a series. Check each month's family newsletter to learn more about PBS at Home, Responsive Caregiving, and the Positive Parenting series from Zero-To-Three!

Coming next month: Key Element #2 - Notice and celebrate your child's strengths, abilities, and capacity to learn and develop.

Site Spotlight: RTH Early Education Center

The Roxbury Tenants of Harvard (RTH) Early Education Center, a YMCA of Greater Boston program, celebrated the new school year in September with a Grab and Go Breakfast. The educators set up information for parents, including some of the books that preschool and pre-k children will be using this year. Breakfast snacks were available so parents could sit with their child and have a quick snack while meeting teachers and seeing how the children move through the different areas in the classroom.



Additional Resources

Welcome Baby Visits

Boston UPK partner Boston Family Engagement Network (BFEN) offers a one-time celebratory home visit for parents with a child from birth through 6 months of age. BFEN reinforces the importance of reading and talking with your baby for a child's healthy development and school readiness. [Visit the BFEN website](#) for details.

Better Together: Strengthening Family School Partnership State Summit (in-person event)

Friday, Oct. 28, 8:30 AM-4:15 PM
Sturbridge Host Hotel & Conference Center
The Massachusetts Department of Elementary and Secondary Education offers this free state summit for family members and educators. Find more information and register [here](#).