

# CAPMC HEAD START NEWSLETTER

## FEBRUARY 2024

This month, we will share tips on how to help your child have a successful morning. Getting your entire family up and out the door is a challenging task which could make mornings particularly difficult. It is essential to keep in mind that your morning routine serves as the foundation for your family's entire day. You can create a morning routine that helps your day begin more smoothly and teaches your child essential skills, such as becoming more independent and confident.

**HERE ARE SOME HELPFUL TIPS TO GET YOUR CHILD READY FOR SCHOOL EVERY MORNING:**



### 1. Set a wake-up time

You should establish a time for your children to wake up. This will enable them to prepare for school on time and finish basic tasks like brushing their teeth, putting on their uniform, and eating breakfast.

### 3. Get the clothes ready in the evening

You do not want to search for your son's socks when the school bus has arrived. Ensure everything is in order and laid out the day before.

### 5. Follow a fixed schedule

Try to make every day as predictable as possible. Set a fixed schedule your child must follow, such as going potty, brushing their teeth, dressing up, and eating breakfast. A fixed schedule will train your child to do things for themselves.

### 2. Get everything ready the night before

Make sure your child's bag includes everything they need for the next day at school, such as homework, lunch, snacks, and a water bottle. Plan breakfast ahead for the next morning to prevent last-minute hiccups.

### 4. Ensure your child sleeps on time

This is essential to getting your child ready for school on time. When children go to bed early, they wake up energised and less cranky, making it easier to prepare them for school.



For more information visit the link below:

[www.raisingchildren.net.au](http://www.raisingchildren.net.au)



# PARENT RESOURCES

## FEBRUARY 2024



### Volunteer Income Tax Assistance

First come, first served until capacity!  
Income must be below \$73,000.



Saturdays  
February 10th - April 13th  
Closed March 30th

9 AM to 1 PM  
CAPMC 1225 Gill Ave. Madera

Come prepared with your documents!

### Nurturing Parenting Program

Every Wednesday from 5 PM - 7 PM



Family Meal Included

5075 HWY 140 Suite E

For more information visit the link:

[www.mariposaFRC.org](http://www.mariposaFRC.org)

### High School Equivalency Program

Free GED Classes for Migrant and  
Seasonal Farm Workers!

Every Wednesday from 5 PM - 9 PM

Madera High School

To register, call the MUSD Call Center  
(559) 416-5879



### Adult Literacy in Spanish



At Madera  
Washington Elementary School

Tuesdays or Thursdays  
6 PM Classroom 4

Main Objectives:  
Reading, Writing and Math

To register, call the MUSD Call Center  
(559) 416-5879

### First 5 Play & Learn at the Library

All Classes begin at 10 AM. Free toys  
and books to the first 15 children to  
register and attend each class!



Oakhurst Library  
February 16th

Northfork Library  
February 23rd

To register, call: (559) 661-5155

### Meet Local Children's Authors

Saturday March 2, 2024

10 AM - 2 PM Drop In

Madera County Library  
121 N. G Street Madera



For more information visit the link:  
[friendsmaderacountylibrary@gmail.com](mailto:friendsmaderacountylibrary@gmail.com)