



Dear MVCDC Families,



Click [HERE](#) for a great article from healthychildren.org with information on how to **help babies with nasal congestion sleep better**.



How to keep children engaged in active learning at home: MVCDC uses an evidence-based curriculum known as High Scope that emphasizes learning through play. Lessons focus on problem-solving, good decision-making and independence. Our classrooms and education materials build on children’s interests, accommodate different developmental and ability levels, and reflect diverse cultures. We view families as our valued partners, and we strive to collaborate with parents to promote optimal learning and development for children outside of the classroom. The High Scope Curriculum has “at-home” activities, strategies, and resources to give you a practical way to keep children engaged in active learning at home.

Click on the links below for High Scope Tips on Interacting with your children and have fun engaging with your children at home!

[PRESCHOOL](#) [INFANT/TODDLER](#)



Triple P is a FREE positive parenting support class for families. Weekly seminars are offered via Zoom that support parent wellness, parent self-regulation and skill building centered around positive parenting techniques. Click the link in this [FLYER](#) to register on the day you wish to attend, or you can register by scanning the QR code in the flyer. Triple P also has online self-paced courses. These modules are available for up to 1 year for parents to work on whenever is convenient. These classes are FREE thanks to generous support of the State of Ohio and Montgomery County ADAMHS.

If you know of any families interested in enrolling their child in Head Start or Early Head Start, please have them call us at 937-2ENROLL or refer them to www.mvcdc.org. Click [HERE](#) for enrollment information.

UPCOMING EVENTS			
Triple P Raising Resilient Children	January 11	6-7:30 pm	Click HERE to register
Triple P Getting Teenagers Connected	January 17	6-7:30 pm	Click HERE to register
Kings Highway Parent Attendance Recognition	January 18	7:30-9:30 am	Kings Highway 3805 Kings Highway, Dayton
Triple P The Power of Positive Parenting	January 22	6-7:30 pm	Click HERE to register

Have a great weekend!

Gratefully,

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