

Dear MVCDC Families,



Here are some reminders to help protect yourself and loved ones from illness this winter.

- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid close contact with people who are sick.
- Get your flu shot!
- If you are sick, limit contact with others as much as possible to keep from infecting them.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Eat right, get plenty of sleep, and exercise.

It's important to dedicate a certain time each week for family time. Set electronics aside, focus on each other, do something fun, and maybe help others. Click on the below link for some family fun time ideas to get more involved in your children's lives and their community. Have a blast!

[3 Activities for Families](#)



Feelings and Emotions

What's the Word, Big Bird? Everyone has big feelings sometimes, even grown-ups! Talking about and managing those emotions isn't always easy. It can be especially hard for young children. Luckily, with the support of a caring grown-up, children can gain tools to express and move through their emotions, whatever they may be.

[Sesame Street in Communities](#) is sharing resources to help children and families learn strategies for talking about feelings – big and small.

Shuster Center Rike's Holiday Windows 2023 1 W. 2nd St, Dayton, OH 45402

One of Dayton's most beloved traditions is visiting the Rike's Holiday Windows animated elves and animals!

This event is FREE and no tickets are required.

Monday-Friday 6:30 a.m.-5 p.m., Saturday 8 a.m.-5 p.m., and Sunday 8 a.m.-3 p.m. Closed Christmas Eve, Christmas Day, New Year's Eve, and New Year's Day, and will not be available for public viewing during private events.



Triple P is a FREE positive parenting support class for families. Weekly seminars will be 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

Region 2 Attendance Celebrations	December 4	8-9 am	Region 2 Centers
London Winter Wonderland	December 5	4:30-6 pm	510 S. Elm Street, London
Madison Plains Winter Wonderland	December 7	4-5 pm	50 S. Main Street, London
Triple P Raising Responsible Teenagers	December 7	6-7:30 pm	Click HERE to register
Aullwood Parent Committee Meeting	December 8	10-11:30 am	Aullwood 9101 Frederick Pike, Dayton
Madison Home Base Parent Committee Meeting	December 11	10-11 am	Madison HB Office 50 S. Main Street, London
Triple P The Power of Positive Parenting	December 11	6-7:30 pm	click HERE to register

Have a great weekend!

Gratefully,



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