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Agenda

Group/Meeting Name: CSB Policy Council Advocacy Sub Committee

Date: 9/16/19 Time: from: 6:00pm To: 6:40pm

Location: 1470 Civic Court Room 207

Meeting Leader: Delphine Smith / Pam Arrington

The Community Services Bureau of Contra Costa County will provide reasonable accommodations for persons with disabilities planning to participate in Policy Council meetings or Subcommittee meetings. Please contact PC Staff at least 48 hours before the meeting at (925) 646-5595.

Persons who wish to address the CSB Policy Council during public comment or with respect to an agenda item, will be limited to two minutes.

Desired Outcome: By the end of this meeting, we will have:

Reviewed Desired Outcomes and Ground Rules

An opportunity to share and review advocacy resources that could be relevant to the needs and interest of PC representatives and Head Start families

An opportunity for members to share recent advocacy activities/events they attended

A review of current and upcoming community advocacy activities of benefit to families and children

An opportunity to look ahead and plan for Head Start Awareness Month

A list of next steps

Agenda			
What (Content)	How (Process)	Who	Time (Minutes)
Welcome	Present Review	Pam / Delphine	2
Desired Outcomes Ground Rules	Present	Volunteer	3
Advocacy Resources	Present Clarify Check for understanding	Pam / Group	5
Advocacy Activities/Events Attended	Present Clarify Check for understanding	Group	5

Current/Upcoming Advocacy	Present Clarify Check for understanding	Group	10
Head Start Awareness Month	Present Clarify Check for understanding	Group	10
Next Steps	Present Clarify Check for understanding	Zully	3
Plus/Delta	Present	Volunteers	2



Advocacy and Leadership— Tips for Families: Every Day Leadership Skills

You use powerful leadership skills and abilities as you manage your household every day and guide your children in the little and big tasks of life. Here are just a few of the leadership skills you use every day.








- Lead** **Lead by example.** Act as a role model and hold yourself to high standards, such as being fair and honest and following through with commitments.
- Communicate** **Communicate and actively listen.** Use two-way communication without interrupting, and make your points calmly and clearly.
- Negotiate** **Negotiate.** Include everyone in making decisions when possible, but be able to make the final decision when necessary.
- Value** **Value feelings.** Understand and manage your own emotions and recognize and value the emotions of other people.
- Motivate** **Motivate and inspire others.** Engage people in ways that boost their enthusiasm and confidence about completing a task or achieving a goal.
- Be Positive** **Be positive and flexible.** Maintain a positive attitude by staying upbeat and optimistic. Be able to adjust and adapt when things do not go as planned.
- Accept** **Accept mistakes.** See mistakes as an opportunity for growth and learning.

This document was developed with funds from Grant #90HC0014 for the U.S. Department of Health and Human Services, Administration for Children and Families, Office of Head Start, and Office of Child Care, by the National Center on Parent, Family, and Community Engagement. This resource may be duplicated for noncommercial uses without permission.

Advocacy and Leadership—Tips for Families: Every Day Leadership Skills

Reflection Activity

Review the list of leadership skills. Which ones do you use often? Which ones do you want to use more often? Write down your thoughts.

	Ways I use this skill now	What I want to do to strengthen this skill
		
		
		
		
		
		
		

For more information about this resource, please contact us:
 PFCE@ecetta.info | 1-866-763-6481



ADMINISTRATION FOR
CHILDREN & FAMILIES



NATIONAL CENTER ON
 Parent, Family and Community Engagement

SAVE THE DATE

Early Childhood
Mental Health
Community Forum

FREE

**SATURDAY,
NOV. 2, 2019**

Pittsburg Senior Center
300 Presidio Lane, Pittsburg
10am to 1pm
Registration begins at 9:30am

**BE A PART OF THE
CONVERSATION ON
EARLY CHILDHOOD
MENTAL HEALTH**



**PERFECT FOR
FAMILIES
(AND PROVIDERS)**

- Complimentary continental breakfast, light lunch, and refreshments to be provided
- Childcare available on site, along with child-friendly activities

Contact Daryn Nabeta at First 5 Contra Costa, for questions about food or childcare at dnabeta@first5coco.org.

Input gathered will be used in preparation for the Contra Costa County Mental Health Services Act (MHSA) Three Year Program and Expenditure Plan for fiscal years 2020-2023.



Contact the MHSA office in advance if you need translation services, directions on accessing public transportation, or for any other reasonable accommodation at (925) 957-2617.

The Early Childhood Community would like to gather public opinions on how to best spend funds in the community over the next 3 years. Please take a minute to answer the following questions to help us plan the upcoming Community Forum.

1. In looking at this flyer, what topics would you think would be presented on this day?
(Other than Early Childhood Mental Health)

2. What would you LIKE to say about Early Childhood Mental Health (Social Emotional development)?

3. What would you want county planners to be thinking about re: programs and services to support parents and children from prenatal to age 6, specifically in the following areas:
(Please mark areas you are interested in)

- Services to help support new parents during pregnancy and after birth. (ex. managing the challenges and feelings created by new parenthood).
- Young children's social and emotional development: Programs and services that support the development of infants, toddlers, and preschool-age kids in the home, or in their preschool or daycare
- Parent Empowerment: Giving parents knowledge and skills that can help them in supporting their child's social and emotional development and handle challenging behaviors.
- Parental Resilience: Helping parents manage stress, connect with other parents, and get introduced to various resources in the community

4. Would you be interested in attending this Community Forum?

October is Head Start Awareness Month

First created in 1982 by President Ronald Reagan, Head Start Awareness Month is an opportunity to share at the local, state and national level the power of Head Start.

As President Reagan said in his proclamation, Head Start “has earned recognition and support for its success in early childhood education and development.” Continuing this awareness and bringing new awareness to Head Start’s mission is not only critical, but also fun. This October, join NHSA in building knowledge of and support for Head Start’s whole-child and whole-community approach to supporting families on their path to success.

Spread awareness on social media

Posting photos, infographics, and inspirational quotes are a great way to spread awareness. We are also encouraging Head Start supporters throughout the country to post on your social media accounts using the hashtag **#HeadStartAwareness** and tag your community leaders or members of Congress!

Did you know...

Head Start was launched in 1965 by President Lyndon B. Johnson to provide comprehensive health, nutrition, and education services to children living in poverty. Over the last 53 years, more than 33 million children have benefited from Head Start’s unique approach, which is built on the premise that every child, regardless of circumstances at birth, has the ability to reach their full potential. Today, Head Start serves more than one million children, families and pregnant women each year on their path to success.

The Head Start model is built on evidence-based practices and is constantly adapting—using the best available science and teaching techniques to meet the needs of local communities.

The four major components of Head Start are:

- **Education:** Creating a variety of learning experiences to help children grow intellectually, socially, and emotionally.
- **Health:** Providing health services such as immunizations, dental, medical, and mental health, and nutritional services, and early identification of health problems.
- **Parent Involvement:** Engaging parents as equal partners with their child’s teacher. Parents serve on policy councils and committees that make administrative decisions; participate in classes and workshops on child development; and volunteer in the program.
- **Social Services:** Provide outreach to families to determine what services would benefit them.

Head Start alumni

Head Start alumni are leaders in every field and profession. They have become successful and inspiring adults including members of Congress, entrepreneurs, artists, doctors, educators and more!

Learn more by watching the [Head Start Advantage documentary](#) featuring alumni such as Darren Walker, President of the Ford Foundation, Sylvia Acevedo, former rocket scientist and current CEO of Girl Scouts of America, and Cornell William Brooks, former President of the NAACP.

HOW CAN HEAD START PROGRAMS PARTICIPATE?

Here are example activities from previous years. Have other ideas or suggestions? Email NHSA's Olivia Goubri at ogoubri@nhsa.org!

- 1. Hold a Guest Reader Day with special guests from your community
- 2. Introduce a new activity for kids at your center
- 3. Hold a Celebration with an advocate or ambassador for your program
- 4. Hold a Block Party or Community Event
- 5. Invite a member of your local police force to visit and celebrate with you