

CCRR Family Newsletter

February 2023
Issue #7

A Quarterly Family
Engagement and
Childcare Resource
Newsletter



Family Resource Support Center

The Family Resource Support Center serves as a central hub for the community to access needed resources and supports. The Florida Department of Children and Families has staff who specialize in disaster recovery response and public benefit eligibility specialists to help individuals and families who have been affected by recent storms.

For more information call 850-300-HOPE or visit <https://www.myflfamilies.com/FRSC/>

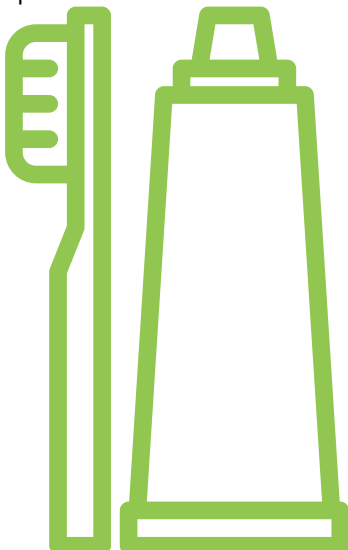
Emotional Wellness

Angry Example

Help your child manage anger with your own actions. In small moments when you feel a bit upset, show them ideas of what people can do when they feel angry. Tell your child what you're doing. "I am angry that it's raining today. I am going to take some deep breaths." Or, "I am upset that I stubbed my toe! I am going to yell in this pillow!"

Brainy Background™

Children copy what adults do. When you show your child how you can handle feeling upset, you give them ideas. The next time they feel angry, they will have more choices of how to act. This helps them learn to manage their feelings



Children's Dental Health Month

This month-long national health observance brings together thousands of dedicated professionals, healthcare providers, and educators to promote the benefits of good oral health to children, their caregivers, teachers and many others.

Did you know that the Florida Department of Health has School-Based Dental Sealant Programs?

Find more information here:

<https://www.floridahealth.gov/programs-and-services/community-health/dental-health/sealant.html>



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**Children's
Services**
BELIEVE. ACHIEVE. SOAR.

Registration is Open For the 2023-2024 VPK Year



Florida's Voluntary Pre-Kindergarten Program (VPK) is a **free** educational program that prepares 4 year-olds for success in school.

You can apply by visiting
familyservices.floridaearlylearning.com

Questions? Please Visit
<https://www.ecs4kids.org/programs/vpk/parents/parent-registration/>
or Contact Family Services at Episcopal Children's Services at 904-726-1500 at ext 7055

Florida **VPK**



Sponsored by the Division of Early Learning, the Early Learning Coalition of North Florida & Episcopal Children's Services
Servicing Baker, Bradford, Clay, Nassau, Putnam & St. Johns Counties



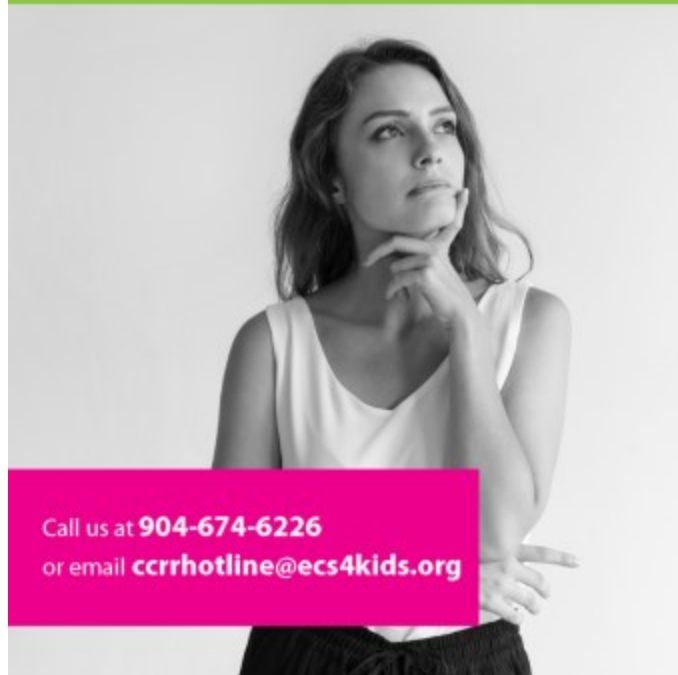
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**Children's
Services**

Looking for a chance to work from home?

Have you thought about opening
a family child care home?

Unsure how? **Contact us.**

We can help you get started and
provide support along the way.



Call us at **904-674-6226**
or email **ccrrhotline@ecs4kids.org**