A Note from Kimberly: Valentine's Edition

It’s so hard to believe Friday is February 1st! February is known to be the Valentine Month, the month of love. Pictured to the left are my Valentines! In this Parent Perusals edition I want to share some ideas of ways you can engage with your family around Valentine’s Day! We all have a deep love for our kids that cannot be broken so take advantage during this month to express your love in different ways to your family! Enjoy!

Also make sure you read about all the upcoming events and other great resources!

The past few years I've seen this idea posted on Facebook and I finally decided that this year I was going to do it with my girls. Check out the picture below. I rummaged through Target's Dollar Bins and found pre-cut heart shapes and plan to put one on each of my girl's door each morning with a reason why I love/appreciate them. Maybe I'll include my hubby, too!
Valentine's Day Conversation Starters

Here are some questions to ask your kids at the dinner table or in the car as Valentine's Day is coming soon!

- I would define love as...
- My family is special because...
- My favorite Valentine's tradition is....
- I am happy when my family...
- My favorite love story from a book is....
- 3 ways I can show others I love them are...
- What is the kindest thing someone has done for you?
- How do you know someone loves you?
- What do you think it means to be someone's Valentine?
- How many different kinds of love do you think there are?
- Do you know anyone who may not get a Valentine this year and how we can make them feel special?
- What do you think is better: to love someone or be loved by someone?
What is your favorite Valentine's day candy?

Valentines Day is just around the corner! Now is the time to be thinking of fun Valentine Games to do with your kids or grandkids for the Valentine season.

15 Fun Valentines Day Family Traditions

Because Valentines Day is all about love, it gives you the perfect opportunity to create more love in your family, not only between parent and child, but between siblings.

We all need to be cherished. But despite our good intentions, too often we forget to tell the people we love just how precious they are to us. Valentines Day reminds us to tell all of our loved ones (not only our sweethearts) how glad we are that they’re in our lives.

Want some simple ideas to celebrate Valentines Day, when you’re too busy, too broke, and maybe even too harried to remember that you really adore these people you live with?

1. Rethink Gifts
2. Alternate Gift Ideas
3. Get up a few minutes early so you can enjoy opening each others’ Valentines at breakfast
4. Let your kids know your love is with them all day
5. Make the dinner mood festive.
6. At dinner, go around the table and give each person a chance to give an appreciation.
7. Find five minutes to spend by yourself giving thanks for those you love.
8. Spread the love.
9. Keep Valentines from past years and decorate the house.
10. Your kids can make very simple Valentines for their class.
11. Make some extra valentines.
12. Need candy to make the day complete?
13. How about a telephone Valentine chain?
14. Sound surround yourself with love.
15. Love in Practice.

Read all the details about these 15 Family Traditions [HERE].

Dad Talk: Teaching Children about Love on Valentine’s Day and Everyday

On Valentine’s Day and everyday dads have opportunities to teach their children about love when they:
Model love
Modeling love is a way of showing your children how to love, how to give love and how to receive love. Fathers can reveal the power of love through demonstration and participation. Love is modeled in ways that your child will be able to appreciate when you exhibit behaviors that clearly show your children what it means to give and receive love. Whether it is showing how much he loves his children, his children’s mother or other family members or friend, modeling love is walking the talk. Dads promote and talk about the love that they have for their children and make certain that the child can hear it. Children need to know that you love them enough to hear you share it with others.

Show love
A father’s presence is a positive symbol of how much he loves his children. Being present speaks volumes to your child about the seriousness of your love. Showing love takes many different forms and is done in multiple ways from the simplest of things like a quick phone call, an email or text message to say hello or a surprise visit to his child’s school. A dad demonstrates love to his child when he makes his son or daughter feel special or value their accomplishments. A child picks up what you show more than what you know. The lesson comes when a dad gives and does what is important to the child and not himself. All dads are different and it is okay to show love in your special way.

Receive love
There is nothing more precious than that slight squeeze from an infant or a dance around the room with your daughter on your feet. As you show your child love your child will proudly be able to answer the question, “how do you know that your dad loves you?” Your child will say things like “daddy comes to my school and picks me up” or “daddy likes to push me on the swing” or “daddy holds my bike as I learn to ride.” Hearing your child say, “I love you” is powerful and it shows that your child understands the feelings that you shared with them and can reciprocate in their own, special way.

Taken from National Responsible Fatherhood Clearinghouse
TAPPestry is an annual conference that brings together Parents/Caregivers, Teachers, Administrators, and other Professionals that have or work with children with special needs.

Click HERE to learn more about TAPPestry & Register!

Read more about the keynote speaker, Jonathan Mooney AND view the list of breakout sessions and descriptions. Childcare is provided through Respite Care of San Antonio. Details listed online!

UTSA
The Institute for P-20 Initiatives

Save the Date for this GREAT Event! FREE!
This one-day summit is a collaborative effort between higher education, K-12 education, business and community-based organizations. The main goal is to provide parents with a forum that allows them to engage in conversations to discuss early academic success planning for 7-10th grade students.

Register HERE for the P-20 Summit

Limited Seating Available

Download the Flyers Below!
Upcoming CPR Trainings at ESC-20!

**American Heart Association Heartsaver CPR/AED/First Aid Training**
Designed for lay responders and provides training on basic CPR, AED & First Aid. Participants will receive and American Heart Association certification card for completion of the course.

**February 20, 2010**
8:00 am - 3:30 pm

**American Heart Association CPR/AED for Healthcare Professionals: Basic Life Support (BLS)**
Designed for healthcare professionals – course is intended for those individuals working in a healthcare role at their campus. Participants will receive and American Heart Association certification card for completion of the course.

**March 27, 2019**
8:00 am – 12:00 pm

---

Valentines Dance for Everyone in the Special Needs Community

Download the Flyer Below for MORE Information!

**Friday, February 8th, 6 to 8 pm**
**FREE!**

Questions? Contact Raeme Greer at [raeme@raeme.net](mailto:raeme@raeme.net)

---

Expressive Therapeutic Rhythm Making
Join us at The Ecumenical Center for a no-cost, monthly therapeutic rhythm making session. Expressive therapeutic rhythm making sessions are open to anyone, so bring along the whole family. No experience is necessary!

Saturdays: 10:00 a.m.--11:30 a.m.
February date: Saturday, February 2nd.

Click on the flyer below for all the details!

🔗 http://tamborhythms.synthasite.com

Parenting/Educational Resources

Click the picture above to learn about Family-Friendly Events Happening in February in San Antonio!
GED Resource: Restore Education

Post-secondary credentials are the gateway to family-supporting wages and key to improving the economic health of Bexar county and south Texas. We offer a continuum of services in accordance with our mission to empower and equip students with the purpose and skills necessary for successful, positive impact in their own lives, the lives of their families, and their community.

Check it Out HERE!

Upcoming ESC-20 FREE Parent Trainings in February!

Tuesday, February 5, 2019, 9:00 a.m.—12:00 p.m.
Making Math Meaningful: How to Help Your Child “Get It”

Do you cringe when your child asks for help on their math homework? Do you look at their assignments and think “I never learned math this way?” This training will take a look at the reason for the shift in mathematics instruction, what it means for your child, and how you can best support your child. It is actually easier than you think. You will leave this training with practical, ready to use applications you can use the very same day!

**Interpreter provided by request. Call 210-370-5430 by 12:00 p.m. on Friday, February 1st.**

Session ID: 52446

Wednesday, February 6, 2019, 9:00 a.m.—12:00 p.m.
Trauma Informed Responses

This training will discuss how adults can begin to understand the role of trauma, its effects on children and learning. This training will also discuss effects of how and when adults change their methods of interacting and responding to children that have been impacted by trauma that will build, nurture and foster healthy relationships.

**Interpreter provided by request. Call 210-370-5430 by 12:00 p.m. on Monday, February 4th.**

Session ID: 53101
Webinar ID: 53184

Wednesday, February 13, 9:30 a.m.—2:30 p.m. (Lunch Provided)
Pathways to Adulthood
*Register at www.txp2p.org

This one-day training will help you prepare for your child with a disability’s life after high school. Parents will learn how to plan NOW for quality of life in the areas of work, at home, medical services, friendship, and supports, as well
as have the opportunity to develop short-term and long-term goals, and the steps to carry them out.

Tuesday, February 19, 2019, 9:00 a.m.—12:00 p.m.
**ADHD (9:00 a.m.—10:15 a.m.)**

This training will provide an overview of Attention Deficit Hyperactivity Disorder (ADHD) and how parents can obtain additional assistance for their child in the public school setting. The discussion will also include a definition of the types of ADHD, why diagnosis is important, possible causes, and suggestions for helping the child learn new and appropriate behaviors.

**Children's Mental Health Services Overview (10:30 a.m.—12:00 p.m.)**

This training introduces mental health services for children, both in the school and community settings. We will identify some of the common categories of mental health disorders and discuss the requirements set forth by IDEA to help students identified as having mental health disorders. We will look at some of the various services available, both through the school to help the child academically, and within the community to help the family receive the comprehensive help and support they need.

**Interpreter provided by request. Call 210-370-5430 by 12:00 p.m. on Friday, February 15th.**

**Session ID:** 52502  
**Webinar ID:** 53185

Wednesday, February 20, 2019, 9:00 a.m.—2:30 p.m. (1 Hour Lunch Break Provided)
**Autism 101**

This training provides parents an overview of specific instructional and visual strategies that directly impact their child's academic and behavioral success. With a clearer understanding of the characteristics of autism, parents will explore new possibilities to support their child with autism. Parents will have the opportunity to develop materials for implementation with their child.

**Interpreter provided by request. Call 210-370-5430 by 12:00 p.m. on Monday, February 18th.**

**Session ID:** 53102  
**Webinar ID:** 53187

Wednesday, February 27, 2019, 9:00 a.m.—12:00 p.m.
**Bullying: Tips for Parents**

Never before in history have parents had to face so many challenges when raising their children. Bullying is a serious issue and becoming more prevalent in schools today. Learn the characteristics of someone being bullied and how to recognize signs of students who bully. This training will provide participants...
with early intervention techniques to help prevent bullying, which one day may save your child.

**Interpreter provided by request. Call 210-370-5430 by 12:00 p.m. on Monday, February 25th. **

**Session ID:** 53103  
**Webinar ID:** 53188

---

Thursday, February 28, 2019, 9:00 a.m.—12:00 p.m.  
**Parent Information over RtI & Section 504**

In order for parents to have the knowledge, skills and confidence to understand the educational setting and process of Response to Intervention (RtI) and Section 504, parents must have the information to empower them. This training will provide parents and community members with information about the RtI and Section 504 programs. Please join us to learn how both of these services can help qualifying students receive support to help them reach success in their areas of need.

**Interpreter provided by request. Call 210-370-5430 by 12:00 p.m. on Tuesday, February 26th. **

**Session ID:** 53104  
**Webinar ID:** 53189

Download the directions for signing up for the elective courses are below.

[RegisterParentTrainingorWebinar.pdf](Download)  
246.8 KB
A recipe for 
LOVE
a spoonful of
SMILES
a jar of
JOY
a cup of
KISSES
and a handful of
HUGS

Consultant, Family Engagement, Education Service Center, Region 20

Facebook  @ESCRregion20

1314 Hines, San Antonio, TX, Un...
210-370-5431
kimberly.baumgardner@esc20...
esc20.net/parentresources