

# THE EARLY CHILDHOOD WELLNESS

## NEWSLETTER

### Kindness and Fostering Positive Relationships

As your child grows, they will reach **new and exciting social and emotional milestones!** By 24 months, your child will look to you to see how you react to new situations, and by 4 years old, they begin learning to comfort those who are upset. These social skills and emotional responses will be key in **building strong friendships.**

To support the development of these skills, try reading stories and asking how the characters in the book may feel, or model how they could show kindness and empathy to a storybook character who is having a hard time. You can also use stories and role play to help them prepare for new situations or meeting new people!



### Early Childhood Quarterly Developmental Screenings

Monday, February 2 10 a.m.-12:30 p.m.	Tuesday, February 3, 10 a.m.-12:30 p.m.	Wednesday, February 4, 10 a.m.-12:30 p.m.	Thursday, February 5, 10 a.m.-12:30 p.m.
<b>Casa Chirilagua</b> 4109 Mt Vernon Ave Spanish	<b>Casa Chirilagua</b> 4109 Mt Vernon Ave Spanish	<b>Mason at Van Dorn Apartments</b> 140 S Van Dorn St English, Farsi, and Dari	<b>Del Pepper Community Resource Center</b> 4850 Mark Center Dr English

Support the healthy development and social emotional wellness of children and families in the City of Alexandria through developmental screenings.

Please scan the QR code to complete both the ASQ-3 and ASQ:SE-2 questionnaires. If you have any questions, please contact [ecw@alexandriava.gov](mailto:ecw@alexandriava.gov)



Facilitated by Early Childhood Wellness Program (ECW) and the Center for Alexandria's Children (CAC).

## Virtual Parent Workshop Series

Session 6: Monday, February 23 | 12:30-2 p.m.

Are you interested in learning practical, positive parenting strategies? If so, join us in our monthly Parent Workshop series based on the **STEP (Systematic Training for Effective Parenting) for Young Children Under Six** book. **FREE** books are available for pick-up at 4850 Mark Center Drive, Floor 6.

[REGISTER HERE](#)



## Celebrating Black History Month Through Art

February is Black History Month, and there are lots of cool ways to engage young children in learning about it, from listening to Black musicians, teaching children about important historical figures, to celebrating achievements of Black scientists

(and more). One simple and easy art activity to try with your little one is this **Alma Thomas inspired Stamp Heart Project**. Alma Thomas is an African-American artist (pictured to the left) who created bold and colorful paintings and went on to teach art for 35 years in Washington, D.C. You can help your child recreate this style using just a piece of paper with an outline of a heart and a stamp (or any household object that can function as a stamp!)

## We're Here to Support You and Your Child!

The Early Childhood Wellness (ECW) Program offers services to help families navigate early developmental and social-emotional challenges.

### Please contact us if:

- You have questions about your child's development or behavior.
- Your child (ages 0 to 5) is experiencing social-emotional challenges (e.g., trouble with peer interactions, big feelings, and difficulty with transitions).
- You're looking for strategies to support your child at home or in care settings.
- You would like guidance or referrals to additional community resources.

Together, we can create a strong foundation for your child's growth and success this school year!

