

Parent Meeting Minutes
March 19, 2025
Bigler Board Room and Virtual

Meeting Start Time: 5:00PM
Meeting End Time: 6:00PM

Actual Meeting Start Time: 5:02PM
Actual Meeting End Time: 6:03PM

Sign-In

Community Meeting

1. *How are you feeling? (Emotion)*
2. *What is your goal for today? (Future)*
3. *Who will you ask for help? (Support)*

Meeting Rules:

- Respect others' opinions and suggestions.
- Listen with an open mind.
- Allow participants the opportunity to speak and finish their thoughts.
- Begin/end meetings on time.
- Be attentive at the meeting (limit cell phone use, avoid "side-bar conversations", stay focused).

Welcome

Training

Children's Health with Peggy Renee Philips-Dinant, AmeriHealth Caritas-Renee discussed your child's health and being prepared. She discussed what you can do at home when your child is sick; what to do when your child has a fever; when to call the PCP; what to do at home; and child symptoms. She discussed dental care, baby teeth and cavities. She discussed that children get ill frequently when enrolled in preschool.

Emotional Regulation with Melanie Kuhn, Mental Health Consultant-Melanie provided the definition of emotional regulation, that children have a 6–8-minute attention span at this age, emotional response, path to emotional regulation, when skills develop, tantrums, the 3 steps, and emotional regulation strategies.

School Success with Christal Hayward, Child Development Director-Christal discussed that our goal is to prepare families and children for school. School districts have reported that they see independent skills in children who attended our program versus children who haven't attended a preschool program. Christal encouraged parents to take part in kindergarten registration, summer camps, kinder camps, etc. She explained that we provide parent/teacher conferences like school districts do.

Adjournment

Next meeting: April 17, 2025 at 5:00PM