



PARENTAL READINESS AND
EMPOWERMENT PROGRAM

A PROGRAM OF
THE LAWYERS'
COMMITTEE FOR
CIVIL RIGHTS

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NEWSLETTER

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Jump into January: Keep your child active!

As the hectic holiday season is winding down and the winter months are growing colder, it is often difficult to find ways to keep your child motivated to stay active. Although the cold weather may warrant more days spent cooped up inside, physical activity is especially important during the winter months since it not only keeps your child's heart healthy, but can also improve mood and boost brain function! Here are some tips to fight the winter blues!



Play Outside

Although your child may seem more motivated to spend time on the couch rather than outdoors, there are plenty of fun outdoor activities during the winter months like sledding, ice skating, or even building a snowman! These activities not only burn calories, but also create a fun environment for you and your child.

Find an Indoor Facility

Even if the weather is too cold to play outside, you still have a ton of options to stay active! Check out your local rec center, or head to an indoor skating rink, basketball court, or bowling alley. Not only will these activities get you and your child out of the house, but they are a fun alternative to strict exercise regimes!

Game Night

Active game nights can be a fun way to help your child stay active without breaking the bank. Games like Charades, Twister, or dance contests can keep your child on their feet rather than curled up on the couch. These types of active games can keep everyone motivated to stay active while also increasing family bonding time!



Director's Comments

In addition to helping your child be physically active, this January is a good time to jumpstart their political engagement. As the nation prepares to inaugurate a new president, the news and web are full of heated debates and complicated current events issues that can be difficult for your child to understand. Introduce appropriate current events topics and political issues to your child and ask for their thoughts and opinions. Have they read anything about this? Have they talked to their friends or classmates about it? It's likely that some of these conversations have already occurred between your child and their peers, and this time presents a unique opportunity to teach your child about critical thinking, informed and respectful dialogue, and understanding and engaging with perspectives that differ from their own.

You can use this month's presidential inauguration to expose your child to an important part of the democratic process while encouraging them to form their own opinions. Teaching your child about their country's political system is a great New Year's resolution!

If you missed our School Bullying webinar, you can view the recorded webinar in English and Spanish on PREP's website <https://prepparents.org/category/webinars/> or our YouTube channel at www.youtube.com/prepparents

www.prepparents.org

Natasha Quiroga is PREP Manager and Senior Counsel on the Educational Opportunities Project.

PREP Resources

Online Video Tutorials

Now Playing:

- ♦ Parent Advocacy
- ♦ Navigating the School System
- ♦ Special Education

www.youtube.com/prepparents

State-Specific Parent Guides

- ♦ On education law and policies

www.prepparents.org/resources/for-parents/

Recorded Webinars

- ♦ Parent Advocacy
- ♦ Mobilization
- ♦ Special Education Process
- ♦ School Discipline
- ♦ School Bullying

www.prepparents.org/webinar

California e-Clinic

Have questions about special education, school discipline, English learners, or discrimination-related issues? Are you a parent in California? Check our newly launched e-Clinic!

Prepparents.org/appointment



PEP TALK FROM PREP!



Beating the Winter Blues



Go Exploring!

A great way to keep your child happy and healthy is to spend some time outdoors! Going sledding, having a snowball fight or ice skating are all great activities to have fun during the winter months all while staying active!



Take a Trip!

While not everyone has the ability to fly south for the winter, taking local trips are a great way to keep your child's body and mind active. Instead of staying cooped up, head to your local kid-friendly art exhibition, aquarium, or indoor roller-skating rink for some cold weather fun!



Make Chores Fun!

Turn chores into a game you and your child can do together! Play music and have a dance off while folding laundry or race to see how quickly you can get all of the clothes put away. Not only will this create a fun, active environment for your child, but it will also make chores more enjoyable!



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