

December Newsletter



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Foster Positive Childhood Experiences This Holiday Season

Positive Childhood Experiences (PCEs) can protect children from the immediate and long term negative effects of Adverse Childhood Experiences (ACEs) by creating experiences in a child's life that encourage safe, stable, and supportive relationships. PCEs help children feel connected, build a sense of belonging, and become more resilient.

The Gift of Connection

YOU can create Positive Childhood Experiences over the holidays with these tips:

❄️ **Foster Family Traditions** – Create simple, consistent traditions that make your child feel secure and connected. Whether it's decorating together, baking a favorite holiday treat, or reading a special holiday story, these rituals build a sense of belonging and stability.

❄️ **Model Gratitude and Empathy** – Use the holiday season as an opportunity to teach your child about kindness and gratitude. Encourage them to express appreciation for others, help those in need, or participate in acts of giving. These experiences help build resilience and foster emotional intelligence.

❄️ **Prioritize Emotional Check-ins** – The holidays can bring a mix of excitement and stress. Make it a point to regularly check in with your child about how they're feeling. Create a safe space for them to express their emotions. Acknowledging their feelings and providing reassurance helps build emotional strength and reinforces the message that their emotions are valid and important.

Thank you

For buying apples this year! Thank you to all the volunteers, to our fabulous supplier Mountainland, and to Cox Trucking for delivery. We appreciate you!



Thank you

For all who participated in the Battle of the Badges Chili Cookoff this year! Thank you to all the volunteers, to the chefs, and to UDK. We appreciate you!

