



Institute of Community Services, INC. Project Head Start Preschool

"Making Small Miracles a Great Success!"



Fall 2026

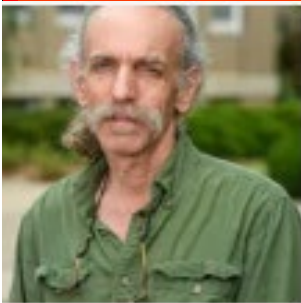
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Fatherhood Newsletter

Present Dads. Powerful Outcomes.

ICS COMMUNITY PARTNER SPOTLIGHT

Dr. Alan M. Gross



Dr. Gross is a respected psychologist, educator, and a longtime ICS community partner. His career has focused on mental health, healthy relationships, violence prevention, and the emotional well-being of children and families.

A Career Dedicated to Helping People

Dr. Gross earned his Ph.D. in Clinical Psychology from Washington State University in 1979. After beginning his teaching career at Emory University, he joined the University of Mississippi in 1986. He later served as Professor of Psychology and Director of Clinical Training and is now Distinguished Professor Emeritus of Psychology.

In 2005, he was recognized as a Fellow of the American Psychological Association. His research has addressed mental health, family and partner violence, bullying, aggression, victimization, and the social and emotional development of children and adolescents.

More Than a Professor

Outside the classroom, Dr. Gross has a strong connection to Mississippi's blues tradition. He is a blues musician and cigar box guitar builder and co-founded the blues duo, Blues Doctors. He has also performed with artists including Terry "Harmonica" Bean, Frank Vick, and Lightnin' Malcolm.

Why His Work Matters to Fathers & Families

Dr. Gross's work reminds us that mental and emotional wellness, positive relationships, and safe, supportive environments are important for both adults and children. His career reflects a commitment to understanding people and strengthening families and communities.

ICS appreciates Dr. Gross's many years of continued partnership and his contributions to the well-being of children and families.

My dad reads to me!



ICS Head Start Volunteer/Parent/Child Interaction Non-Federal Share

Child's Name _____ Month _____ Year _____ CENTER _____

Each month you will receive this form to work with your child at home, as guidance support for your child's Head Start classroom experience. Parent/caregiver: To help us keep track of your child's participation, please circle the activities you work on with your child. Then, each day, write the total number of activities completed in the space below the date. Activities may be repeated on different days.

Reading	Writing	Math	Science	Reasoning	Medicine	Language	Communication
Read a book with your child. Circle the child's name at the bottom and write the story to you.	Practice writing and letter recognition. Circle the child's name at the bottom and write the letter to you.	Practice counting and writing. Circle the child's name at the bottom and write the number to you.	Practice spelling and writing. Circle the child's name at the bottom and write the word to you.	Practice saying and writing. Circle the child's name at the bottom and write the sentence to you.	Practice writing and letter recognition. Circle the child's name at the bottom and write the letter to you.	Practice writing and letter recognition. Circle the child's name at the bottom and write the letter to you.	Practice writing and letter recognition. Circle the child's name at the bottom and write the letter to you.

Example: If you worked on 4 activities with your child on Monday, circle the 4 activities and write "4" below the date. If you worked on 1 of these activities on Tuesday-Gunday, record the total completed that day. Once an activity has been circled for this month, there is no need to circle it again, simply record the total number of activities completed for that day. Do not record more than 8 activities per day.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
1	2	3	4	5	6	7	8

Parent's Printed Name: _____ Parent's Signature: _____

Teacher/Assistant Printed Name: _____ Teacher/Assistant Signature: _____

Each activity that the parent does with the child will count as 15 minutes. Multiple the number of activities by 15 minutes. Convert into hours. Round off total hours to the half hour. All hours in the afternoon for one month. Example: Total number of activities is 15 minutes. 15 minutes x 15 minutes = 225 minutes. 225 minutes / 60 minutes = 3.75 hours. Round off to 3.5 hours.

Total Number of Activities _____ x 15 minutes = _____ minutes → TOTAL HOURS _____ x \$23 = _____

Date: _____ AUTHORIZED APPROVAL: _____

Don't forget to fill out this form and send it back to school!



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Fathers' Mental Health Matters

Fathers play a vital role in their children's development, but many experience stress, anxiety, or depression during the early parenting years. Research shows that involved fathers contribute to better outcomes for children, mothers, and families overall.

Key ways to support fathers include:

- Recognizing signs of depression and anxiety early.
- Encouraging strong support networks with family, friends, and other dads.
- Building fathers' confidence through hands-on caregiving and parenting education.
- Strengthening healthy communication and co-parenting relationships.

Bottom line: Supporting fathers' mental health helps dads stay engaged, strengthens families, and promotes healthier outcomes for children.

It's OK to Not Be OK!

Speak Up: You don't have to handle everything alone. Talking with someone you trust can make a difference.

Take Care of You: Rest, exercise, healthy routines, and time to recharge are important for your mental well-being.

Ask for Help: Seeking support is a sign of strength. It's okay to reach out when life feels overwhelming.



5 Tips for Being a GREAT DAD

1. Be present
2. Be supportive.
3. Listen and empathize.
4. Be patient and gentle.
5. Be a positive role model.



STEP Parent Training Sessions Starting in October!

ICS Head Start Preschool/EHS offers Systematic Training for Effective Parenting (S.T.E. P.) sessions designed to educate and support parents. This is your opportunity to be a proactive, lifelong parent learner!

DADS IN ACTION!

★ DADS, IT'S YOUR TIME TO SHINE! ★

Join us at your child's Head Start center for a special September Dad's Activity!



FUN!

Enjoy hands-on activities together!



EDUCATIONAL!

Learn, explore, and discover with your child!



QUALITY TIME!

Make special memories your child will treasure!

Your Presence Matters!

Spending time learning and playing together shows your child just how important they are to you.

"Dad, you don't have to be perfect to make a difference. Your time, your love, your encouragement, and simply showing up can become some of your child's greatest memories."