

# Parent Education Center

## Upcoming Classes:



SHARE OUR STRENGTH'S  
**COOKING MATTERS**  
NO KID HUNGRY

is a free 6-week course for low-income adults that will teach healthy grocery shopping, cooking and eating on a budget. **The next class will be offered in the summer months. Watch for specific times and dates.**



## Positive Solutions for Families

is a free 6-week class that promotes social/emotional development and helps to reduce challenging behavior. **The next class will be offered in the summer months. Watch for specific times and dates.**

**Register for either class by phone: 970-824-1081**

**or email: [parented@connections4kids.org](mailto:parented@connections4kids.org)**

**Childcare is available for both classes at no cost.**

**What's Happening:**  
**JOIN US FOR FAMILY FUN**  
*in partnership with  
Early Childhood Coalition*

**APRIL 14, 2018  
CENTENNIAL MALL  
10:00 TO 1:00**

## CELEBRATE CHILDREN'S FESTIVAL

- ◆ *Resources available for families*
- ◆ *Games for the kids*
- ◆ *Safety tips*
- ◆ *Atmos Energy "Rosy the Skunk"*

*For additional information, contact Trish/Betsy at 970.824.1081*

## Newsletter

**April 1, 2018**

**Volume 2, Issue 4**

## Ongoing:

- ☉ Ready for Kindergarten workshops - 970-824-1081
- ☉ Autism, Post-Partum Depression and Breast-feeding support groups. Please call: 970-824-1081 to schedule an appointment.

## Parent Corner

Developing a secure attachment with your child can help them in many ways. **Children with a strong bond with a parent/guardian are more likely to have higher self-esteem, perform better in school, have positive relationships, and manage stress.** Here are some simple ways you can develop an attachment with your child:

**Be Dependable:** Your child needs to see you as a safe place. Provide comfort whenever he or she is sick, hurt, or upset. When your child feels safe, they can explore the world on their own, knowing they can return to you for security and comfort when they need it. Encourage your child to try new things by showing you believe they can do it on their own, but be nearby in case they need to return to you for comfort.

**Be Attentive:** Interact with your child one-on-one. Follow your child's lead on what they need; do not force a specific type of interaction based on your needs. These activities do not need to take up a great deal of time, but it is the affection and undivided attention that is important. Eye contact, warmth and touch, and smiles will help build attachment during these interactions.

**Be Predictable:** Children need routines to feel secure. Knowing what comes next allows children to start the next step in the routine on their own, encouraging their independence..

**Be Understanding during Separation:** When leaving your child with someone else, establish a goodbye routine. This predictability helps your child feel secure. It is understandable for your child to be unsure, but they will likely mimic your behavior so be confident and show your child you are not upset.

