

# 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 start September 17, 2018, from 5:30 to 7:30 p.m. at the Center of Craig, 601 Yampa Avenue.**



## 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 start September 18, from 5:30 to 7:30 p.m. at the Center of Craig, 601 Yampa Avenue.**

**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

*We will be offering two classes in the month of September. **Cooking Matters for Low Income Adults** offers shopping, cooking, and eating tips for delicious, healthy meals on a budget. You will receive free groceries each week to create a recipe at home and at the end of the 6 weeks, you will receive a chef's knife, cutting board, reusable grocery bag and a cookbook full of nutritious meals.*

***Positive Solutions for Families** is an interactive class which offers strategies, tips and tools for promoting social/emotional development and how to address challenging behavior. We provide dinner for all participants of this class.*

*Both these classes are offered at no cost to you as well as free childcare, if needed. In order to gain the full benefit of either of these classes, participants need to commit to participating in all 6 sessions. Please check your schedule and call or email to register today.*

As the carefree days and warm nights of summer come to a close, so does the freedom of time spent outdoors playing with friends. Changes in the season and structured routines can create a more somber mood among kids, sparking some mild (or not-so-mild) melancholy. Here are some tips to help kids cope with the late-summer blues and ease their transition into the season of fall and school:

#### **Designate an Official End of Summer -**

One thing that's really nice for families is to have some sort of ceremonial end to summer. Whether it's having a barbecue, picnic, or campfire, or making a photo album, rituals can help create closure and allow kids to take happy memories with them into fall.

**Help Kids Set Goals -** Review the previous year and the progress your child made; then set goals for the upcoming year to give them something to work toward. This helps your child see that "there was progress, that this is a process, and that the same thing will happen this coming year." By championing what has already been conquered, parents can remind their kids "that what seemed hard in the beginning ended up being easier -- and they learned a lot."

**Roll Back the Schedule -** Around two weeks before school starts, begin adjusting bedtime, wake-up time, and eating schedules to avoid an abrupt switch. Slowly start to change some of your routines so it's not such a shock when school actually starts.

## Newsletter

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### Ongoing:

Ready for Kindergarten workshops - 970-824-1081

Autism, Post-Partum Depression and Breast-feeding support groups. Please call: 970-824-1081 & schedule an appointment.

## Parent Corner

