

# Parent Education Center

**READY!**  
for Kindergarten

**Did you know that  
kindergarten readiness  
BEGINS AT BIRTH**

*Ready! is broken down into ages:  
Birth to 1, 1 to 2, 2 to 3,  
3 to 4, & 4 to 5 years old.*

*Then broken down into three  
domains:  
Language/Literacy,  
Social/Emotional, and  
Math Reasoning.*

*Each 1 1/2 hour workshop  
PROVIDES YOU WITH FREE AGE  
AND DEVELOPMENTALLY  
APPROPRIATE MATERIALS  
(ALL 3 WORKSHOPS COMBINED  
PROVIDE YOU WITH OVER  
\$200.00 WORTH OF MATERIALS)  
AND THE WORKSHOPS  
PROVIDE INSTRUCTIONS ON  
HOW TO  
"PLAY WITH A PURPOSE"*

**The Incredible Years -  
14 week class**

- ♥ Want to build a better positive relationship with your child?
- ♥ Looking for more effective discipline?
- ♥ Need new ideas for helping your child to grow and learn in their social/emotional vocabulary and development?

**ALL CLASSES/WORKSHOPS  
ARE FREE**

**phone: 970-824-1081**

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

**FREE Childcare is available**



## COVID-19 STRESS!!

**Is COVID causing MORE stress, anxiety and concern in your family? Children watch and model our reactions so if they see your unease, it can increase their own uncertainty during these trying times. Challenging behaviors that you have never seen before or haven't seen in a long time, might start to surface due to fear of the unknown.**

**The Incredible Years class offers proven resources and strategies that can help to bring calmness and stability to your family life.**

**Registration for our upcoming class begins NOW! Join us for this FREE 14 week class and learn new strategies while adding more tools in your parenting toolbox. Classes will start Wednesday, August 19th through Wednesday, November 18th. Classes will be held from 6:00 to 8:30 p.m. at the Center of Craig. Free childcare and dinner will be provided.**

**Facilitation of this class is done by Trish Snyder and Tanya Ferguson with childcare provided by Susie Coleman and Sandra Hershiser.**

### TO REGISTER:

**email [parented@connections4kids.org](mailto:parented@connections4kids.org) or  
call 970-824-1081**

**Whether you are home schooling, in class or on-line learning, this coming school year is going to look significantly different. The following tips may help to alleviate some of the anxiety that can come with change:**

1. Prepare children for what to expect.
2. Get back into a routine.
3. LISTEN to children and young people.
4. Encourage them to talk.
5. Keep talking once they are back in school.
6. Offer reassurance often.
7. Look after yourself.

The coronavirus pandemic has put enormous strain on parents, care givers, families and teachers. No one has been unaffected. Taking time to look after **ourselves and each other** is important!

**"We may have all come on different ships, but we're in the same boat now." ~ Martin Luther King, Jr.**

## Newsletter

**August 1, 2020**

**Volume 4, Issue 8**

### Ongoing:

Ready for Kindergarten workshops - 970-824-1081 - call to schedule an appointment.

Positive Solutions for Families - **time and dates TBA**

Love and Logic Early Childhood Parenting Made Fun! - **time and dates TBA**

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

## Parent Corner

