



# 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, etc., until 5 years old. Then, broken down into 3 domains:

Language/Literacy,  
Social/Emotional, and  
Math Reasoning.

Each 1 & 1/2 hour workshop PROVIDES YOU WITH **FREE AGE AND DEVELOPMENTALLY APPROPRIATE MATERIALS AND THE WORKSHOPS PROVIDE INSTRUCTIONS ON HOW TO "PLAY WITH A PURPOSE"**



**Positive Solutions for Families**

A free **6-week** class that promotes social/emotional development and helps to reduce challenging behavior. **Watch for upcoming times and dates.**

## The Incredible Years

is a **14 week** series of interlocking, evidence-based classes for parents, children, and teachers, supported by over 30 years of research. The goal is to promote children's social, emotional, and academic competence. **Keep an eye out for upcoming classes!**



Register by phone:

970-824-1081

or

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

Childcare is available for each class at no cost.

## What's Happening

### **FREE COMMUNITY RESOURCE: SafeCare Colorado**

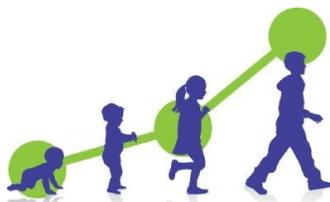
#### What is SafeCare Colorado:

- A program for parents and caregivers of children ages 5 years old and younger
- SafeCare Colorado provides parents and caregivers with free items such as electrical outlet covers, door latches and a health manual developed by pediatricians
- Parents and caregivers work side-by-side with a parent support provider to build on the skills you already have.

#### Parents and caregivers learn to:

- Identify and remove common household hazards to make your home safer
- Increase positive behaviors, prevent difficult behaviors, and have a stronger relationship with your children
- Prevent, identify and respond to common childhood illnesses and injuries

Contact **970.871.7677** or [SafeCare@northwestcoloradohealth.org](mailto:SafeCare@northwestcoloradohealth.org)



## Newsletter

February 1, 2021

Volume 5, Issue 2

### What's Next:

**CHERISH THE LITTLE THINGS ART SHOW**

**NEW DATES - SAME PLACE**

**April 22-24 2021**



## Parent Corner

The Colorado Early Learning and Development Guidelines describe the path of children's learning and development from birth to eight years old. They're designed so that everyone who cares for young children can play an important part in giving Colorado's kids a healthy start.

**[www.earlylearningco.org](http://www.earlylearningco.org)**