

Parent Education Center

READY!
for Kindergarten

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

*Ready! is broken down into age groups -
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 DEVELOPMENTALY
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"*

**Positive Solutions
for Families -
6 week class**

promotes social/emotional development and helps to reduce challenging behavior. The next class will start February 20th through March 27, 2019, from 5:30 to 7:30 p.m. at the Center of Craig, 601 Yampa Avenue.

**ALL CLASSES/WORKSHOPS
ARE FREE**

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

**or email:
parented@connections4kids.org**

The Power of EMPATHY

"No one cares how much you know, until they know how much you care." - Theodore Roosevelt

Probably 10 times a day, you will find yourself trying to talk your children into doing something they don't want to do. When we are met with resistance, we continue to persuade, trying to convince them they WANT to do it because there are a multitude of fun things to look forward to if they do what we ask. What would happen if we chose NOT to engage in our usual dialogue? What would happen, when the whining and complaints start flowing, if we simply smiled and said, "I understand."

Bewilderment may set in. Possibly confused silence. You then begin to see the wheels of their mind spinning while they try and process what just happened. But then... wait for it... understanding will begin to emerge and you will start to see a wonderful transformation taking place.

Our children need to be heard and validated. They need to get out their feelings and have their voice be recognized. Once that's done, we can move on with our day. Empathy with children is so often overlooked as we try to pound into them our responsible, adult mentalities. We try to apply logic to their emotions in ways that make sense to us. **Rational logic cannot rival intense feelings.** When we hold them and tell them we understand, we allow the powerful wave to crash and settle.

THIS is the power of empathy.

Out With the Old

You know when all you have to do is move the furniture around to get a brand-new perspective on it all? Show the kids how liberating it can feel to go new. Suggest a bedroom swap or a relief-effort donation of old toys and clothes to make room for all that Santa may have just dropped off.

Get to Know Your Neighbors

With lots of people off from work and school, why not host a "mugging for your neighbors?" As mischievous as it sounds, muggings are a completely innocent (and oh-so-easy) way to entertain friends. Have each guest bring a coffee mug to use as a plate. You provide warm comfort foods that they simply ladle into their mugs (chili or soup, anyone?). The best part? Partygoers big and small can easily mingle while they munch, mug in hand.

Tradition Kick-Off

What made 2018 the most memorable? Start an annual tradition by writing memory letters to open 2019. To get the kids thinking about real resolutions, have them write things they would like to learn, places they would like to visit, sports they would like to join, etc. in the New Year. As the mini-time capsule gets going, you'll have a memorable way to look back *and* ahead.

Newsletter

January 1, 2019

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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

