

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 July 9th through August 13, 2018, from 11:30 to 1:30 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 July 12th through August 16, 2018, 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

Childcare is available for both classes at no cost.

Hard Facts about Swimming Safety - be sure to read the Parent Corner below for water safety tips

- ◆ Among preventable injuries, drowning is the leading cause of death for children 1 – 4 years old.
- ◆ Children 1 – 4 years old are more likely to drown in a pool.
- ◆ Children 5 years and older are more likely to drown in natural water, such as ponds, lakes and rivers.
- ◆ The risk of drowning in open water increases with age: The average 10-year-old, for example, is three times more likely to drown in open water than in a pool.

Watch kids when they are in or around water, **WITHOUT** being distracted. Keep young children within arm's reach of an adult.

Make sure older children swim with a partner every time. Teach children how to swim. Every child is different, so enroll children in swim lessons when they are ready. Consider their age, development and how often they are around water when deciding if they are ready for swim lessons.

Make sure kids learn these five water survival skills and that they are able to:

- step or jump into water over their heads and return to the surface;
- float or tread water for one minute;
- turn around in a full circle and find an exit;
- swim 25 yards to exit the water; and
- exit the water. If in a pool, be able to exit without using the ladder.

Teach children that swimming in open water is not the same as swimming in a pool. They need to be aware of uneven surfaces, river currents, ocean undertow and changing weather. Know what to do in an emergency - learning CPR and basic water rescue skills may help you save a child's life.

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 to schedule an appointment.

Parent Corner

