

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.

What's Happening:

ATTENTION: Parents of 4 to 5 year old children!!!

The three domains and individual workshops of Ready! for Kindergarten are language/literacy, math reasoning and social/emotional development. We are offering a workshop "Blitz" (all 3 domains) on Saturday, June 9th from 10:00 to 4:00 p.m. at the Center of Craig, 601 Yampa Avenue. Each workshop provides you with instruction and age and developmentally appropriate toys and tools for each domain. When you finish up at the end of the day, you will walk out the door with practical ideas and tips of how to successfully "play with a purpose" with your child along with \$180.00 worth of materials. This is a free class with free childcare available, if needed. Class size is limited so register soon. **970.824.1081 or parented@connections4kids.org**

"They were fine all day with me, but the second they saw you, they lost it! I don't understand!" Says my husband, on a regular basis. The other day, I read a funny article titled, **"Study: Children Are 800% Worse When Their Mothers are in the Room"** I cracked up when I read the title, and quickly realized it was a fake study once I read it. Despite the article being fake, the concept is TRUE! Kids are absolutely 800% worse when around their mothers... and why??? Because YOU, mama, are their safe place. YOU are the place they can come to with all of their problems. If you can't make something better... well, then, who else can? YOU, dear mama, are a garbage disposal for unpleasant feelings and emotions. If a child's been holding it together all day, the second they see you, they know it's time they can finally let go. You have not spoiled your kids rotten if you are greeted at the door with whining and screaming. OH NO... don't let anyone tell you that! Rather, you've created a space safe enough for your child to have permission to be natural. And, by the way... it's REALLY REALLY important for kids to be natural with their feelings and their emotions. After all, when they grow up, we want our children to have highly functioning emotional intelligence, right?

So, take it as a sign. Take it as a GOOD sign that they love you!
Happy Mother's Day!!!!

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

