



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"*

Positive Solutions for Families



is a free 6-week class that promotes social/emotional development and helps to reduce challenging behavior. Summer class begins July 9th through August 13th at 5:30 to 7:30 p.m. at the Center of Craig.

Register by phone:
970-824-1081

or email:
parented@connections4kids.org

Childcare is available for 6 week class at no cost.

Great Resources: Check out the Early Learning & Development Guidelines at earlylearningco.org

The early years of a child's life — from birth to age eight — are critically important for learning and development.

The Colorado Early Learning and Development Guidelines provide practical tips and points of reference that anyone can use to help kids grow.

Whether we're experts, first-time parents, early childhood teachers, or simply involved friends and neighbors, we all play a role in giving kids a strong, healthy start.

**"Alone we can do so little;
together we can do so much."
~ Helen Keller**

THE POWER OF THE MOTHER/CHILD BOND

You take your baby to the pediatrician for regular checkups, vaccines, and at the first sign of a fever. You keep your child away from runny-nose friends and steer clear of the sun. You baby-proof your home and gently bandage their boo-boos. All to make sure your child grows up healthy and strong. But compelling new research is showing that the strength of your emotional bond with your baby may well trump all of those other measures you take to help them thrive.

A close attachment can prevent diseases, boost immunity, and enhance IQ in your baby, says Deepak Chopra M.D., the endocrinologist turned holistic medicine guru, Parenting contributing editor, and coauthor of *Magical Beginnings, Enchanted Lives: A Holistic Guide to Pregnancy and Childbirth*. Those hugs and kisses are a force of nature more powerful than ever thought", says Dr. Chopra.

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.

ALL workshops/classes are available for ALL community members NO ELIGIBILITY REQUIREMENTS

Parent Corner

No-one else will ever know the strength of my love for you. Afterall, you are the only one who knows what my heart sounds like from the inside



Happy Mother's Day