

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. Keep an eye out for our next scheduled class.



Positive Solutions for Families

is a free 6-week class that promotes social/emotional development and helps to reduce challenging behavior. Keep an eye out for our next scheduled class.

ALL CLASSES/WORKSHOPS ARE FREE

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

or email: parented@connections4kids.org

Childcare is available for both classes at no cost.

Ready! for Kindergarten

"My baby is only 3 months old. Kindergarten is the last thing on my mind."

Did you know that kindergarten readiness BEGINS at birth?

Did you know that 85 to 90% of brain development occurs during the FIRST 5 years of your child's life?

CALL NOW TO REGISTER

Ready! is broken down into age groups - 0 to 1, 1 to 2, 2 to 3, 3 to 4, 4 to 5 years old and 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 (ALL 3 WORKSHOPS COMBINED PROVIDE YOU WITH OVER \$200.00 WORTH OF MATERIALS) AND INSTRUCTIONS ON HOW TO "PLAY WITH A PURPOSE"

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 & schedule an appointment.

HALLOWEEN SAFETY TIPS

1. Cross the street at corners, using traffic signals and crosswalks.
2. Look left, right and left again when crossing and keep looking as you cross.
3. Put electronic devices down and keep heads up and walk, don't run, across the street.
4. Teach children to make eye contact with drivers before crossing in front of them.
5. Always walk on sidewalks or paths. If there are no sidewalks, walk facing traffic as far to the left as possible. Children should walk on direct routes with the fewest street crossings.
6. Watch for cars that are turning or backing up. Teach children to never dart out into the street or cross between parked cars.
7. Children under the age of 12 should not be alone at night without adult supervision. If kids are mature enough to be out without supervision, they should stick to familiar areas that are well lit and trick-or-treat in groups.
8. Decorate costumes and bags with reflective tape or stickers and, if possible, choose light colors.
9. Choose face paint and makeup whenever possible instead of masks, which can obstruct a child's vision.
10. Have kids carry glow sticks or flashlights to help them see and be seen by drivers.
11. When selecting a costume, make sure it is the right size to prevent trips and falls.

Parent Corner

