

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 September 17, 2018, from 5:30 to 7:30 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 September 18, 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

DON'T MISS OUT ON 2 FREE CLASSES: *Cooking Matters for Low Income Adults offers shopping, cooking, and eating tips for delicious, healthy meals on a budget. You will receive free groceries each week to create a recipe at home and at the end of the 6 weeks, you will receive a chef's knife, cutting board, reusable grocery bag and a cookbook full of nutritious meals.*

Positive Solutions for Families is an interactive class which offers strategies, tips and tools for promoting social/emotional development and how to address challenging behavior. We provide dinner for all participants of this class. Both these classes and childcare are offered at no cost to you. In order to gain the full benefit of either of these classes, we strongly encourage participants to commit to attending all 6 sessions. Please check your schedule and call or email to register today.

Newsletter

September 1, 2018

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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

One thing is certain – children love to make messes! But when they do, they may not always properly wash their hands, let alone know the importance of WHY they need to. Hand washing is the best way to prevent germs from spreading and to keep you and your family from getting sick, but sometimes this is hard to explain to children. To help, we have a fun game and tips on hand washing to help your children learn.

The Glitter Game

After your child has made sure they have damp hands, sprinkle some glitter on them. Then have them rub their hands together until all of the glitter is sticking. Ask them to shake hands, touch door knobs and counters, and play with their toys. Then show them all of the "germs" that were left behind. Once they see how easily germs can spread, have them try to wash their hands with just water first and then after, with soap. This will help them see how water will not work alone and that soap will wash off all of the germs.

When to Wash Your Hands

Teach children to follow these simple guidelines to know when they should wash their hands. To help them remember, hang a chart with these guidelines in an easy-to-see place in your home, such as the bathroom mirror or the refrigerator. Wash your hands...

1. After playing outside
2. After touching animals
3. After using the bathroom
4. Before and after eating or touching food
5. After blowing your nose or coughing
6. Before and after visiting sick friends or family

