



Parent Education Center



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"

The Incredible Years is a series of interlocking, evidence-based programs for parents, children, and teachers, supported by over 30 years of research. The goal is to prevent and treat children's behavior problems and promote their social, emotional, and academic competence.



When: 9/11 to 12/11/2019

Where: Center of Craig, 601 Yampa

Time: 5:30 to 8:00 p.m.

Register by phone:

970-824-1081

or email: parented@connections4kids.org

Childcare is available for each week class at no cost.

What's Happening



The Incredible Years Parenting Class

Register today for this **FREE** 14 week class starting September 11th through December 11th. Times are 5:30 to 8:00 p.m. and we provide free dinner and childcare for each class. We meet at the Center of Craig, 601 Yampa Avenue.

Call 970.824.1081 or email betsy@connections4kids.org to schedule an appointment for your children birth through 5 years old for height/weight, vision, hearing, dental, developmental and behavioral, speech, immunizations and occupational therapy screenings.

Where: LDS Church, 1295 W. 9th Street

Time: 8:30 to 3:00 p.m.

Date: Friday, September 13, 2019

Community Health Fair

Before your kids head back to school, help them prevent the spread of gastrointestinal and respiratory diseases with these tips.

1. Stay home when you're really sick.

The American Academy of Pediatrics recommends asking yourself 3 questions:

- Is your child too sick to comfortably take part in activities?
- Does your child need more care than the school staff can give without affecting the health and safety of other children?
- Could other children get sick from being near your child?

2. Wash your hands.

It can't be said enough: Encourage your kids to wash their hands often, with regular soap and water.

3. Beware of bag-teria.

Backpacks have the potential to carry bacteria. Occasionally, wipe off the bottom of backpacks with an appropriate cleanser.

4. Get your body – and immune system – moving.

Physical activity can rev up your body's response to illness, so make sure your kids have plenty of physical play time.

5. Go to bed!

Sleep helps your body recharge. The CDC and NIH recommend that school-age children get at least 10 hours of sleep daily.

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

Did you wash them?



Hand washing prevents disease.