

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"

The Incredible Years - 14 week class

- ♥ Want to build a better positive relationship with your child?
- ♥ Looking for more effective discipline?
- ♥ Need new ideas for helping your child to grow and learn in their social/emotional vocabulary and development?

ALL CLASSES/WORKSHOPS ARE FREE

phone: 970-824-1081

or email: parented@connections4kids.org

FREE Childcare is available



COVID-19 STRESS!!

Research suggests that in times of crisis, there can be long term effects on a child's behavior as well as their mental and emotional well-being. However, we also know that with the **right support**, hard times can build resiliency in young people, giving them the ability to better handle stress and rebound from a setback or challenge.

The Incredible Years class offers proven resources and strategies that can help!

Registration for our upcoming class begins NOW! Join us for this FREE 14 week class and learn new strategies while adding more tools in your parenting toolbox. Classes will start Wednesday, September 16th through Wednesday, November 18th. Classes will be held from 6:00 to 8:30 p.m. at the Center of Craig. Free childcare and dinner will be provided.

Facilitation of this class is done by Trish Snyder and Tanya Ferguson with childcare provided by Susie Coleman and Sandra Hershiser.

TO REGISTER:

email parented@connections4kids.org or call 970-824-1081

Some simple tips to help you and your family **STAY HEALTHY**:

1. Stay home when you or your child are not feeling well.

2. Wash your hands.

It can't be said enough: Model for your children and encourage them to wash their hands OFTEN with regular soap and water.

3. Beware of bag-teria.

Backpacks have the potential to carry bacteria. Wipe off backpacks on a daily basis 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 you and your children 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 - call to schedule an appointment.

Positive Solutions for Families - **time and dates TBA**

Love and Logic Early Childhood Parenting Made Fun! - **time and dates TBA**

Autism, Post-Partum Depression and Breast-feeding support groups. Please call: 970-824-1081

Parent Corner

Stay Healthy