



# Parent Education Center



**Did you know that kindergarten readiness BEGINS AT BIRTH**

Ready! is broken down into ages: Birth to 1, 1 to 2, etc., until 5 years old. 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 AND THE WORKSHOPS PROVIDE INSTRUCTIONS ON HOW TO "PLAY WITH A PURPOSE"

**Positive Solutions for Families**

A free 6-week class that promotes social/emotional development and helps to reduce challenging behavior.

## The Incredible Years

is a 14 week series of interlocking, evidence-based classes for parents, children, and teachers, supported by over 30 years of research. The goal is to promote children's social, emotional, and academic competence. **Keep an eye out for upcoming classes!**



Register by phone:

970-824-1081

or

email:parented@connections4kids.org

Childcare is available for each class at no cost.

## Check out the Early Learning & Development Guidelines at

[www.earlylearningco.org](http://www.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 children grow.

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

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

~ Helen Keller

It likely comes as no surprise to moms that they can literally feel everything their child is feeling—and now science can explain the reason why.

With the aim to understand the time-honored and incomparable bond between mother and child, researchers behind the new study published in the **Journal of Social Cognitive and Affective Neuroscience**, used brain imaging to test adolescents and their mothers on neural pathways of empathy. Participants were asked to hypothetically put themselves in a distressing predicament, and then envision a family member in the same situation.

Mothers experienced "high self-overlap," meaning, when they pictured their children in distressing situations, their brains showed reactions that were **nearly identical to the distress they imagined themselves in**. The results prove what mothers have long been saying: "You will never understand how much I love you until you have a child of your own."

**Happy Mother's Day to all of you moms out there!**

**"Being a mama can be tough, but always remember in the eyes of your child, no one does it better than you."**

## Newsletter

May 1, 2021

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### What's Next: Love & Logic

Simple and practical techniques to help parents with kids of all ages

**FREE 6 week class**

**Keep an eye out for our next scheduled class!!!**

## Parent Corner

