

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, 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.

What's Happening:



Positive Solutions for Families is a 6-week interactive training. The philosophy and strategies of this class are proactive rather than reactive and help us to look behind the behavior for clues as to why the child is behaving the way they are.

**Class begins Wednesday, September 22
and meets each Wednesday for 6
weeks, ending October 27th. We will
meet 6:00 to 8:00 p.m. at
the Center of Craig.**

**Dinner and childcare are provided!
Please call 970-824-1081 or email
parented@connections4kids.org
to register**

As your children 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 children to wash their hands often, with regular soap and water.

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

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

4. 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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We thank you for your continued support and generosity through your sponsorship of our annual Art Show



Yampa Valley Bank

Genuine Hometown Banking
- it's who we are.

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Parent Corner

**Did you
wash them?**



Hand washing prevents disease.