

The Parent & Child Center's Programs

March 2015 to June 2015

The Parent and Child Center's Primary Focus is on the prevention of child abuse by supporting healthy families. The Center provides education and resources to help parents understand how to provide a safe and nurturing environment for children to live and grow.

***To register, please call
(860) 585-3895***



Parent & Child Center

in partnership with CT District Exchange Clubs



9 Prospect Street
Bristol, CT 06010

Parent & Child Center

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everyday extraordinary

Class Policies:

- *Pre-registration is required for all classes.*
- *Refunds (less a 10% administrative fee) are only offered to registered participants who call to cancel their registration.*
- *All classes must meet minimum attendance requirements. Classes not meeting minimum attendance requirements will be cancelled one week prior to the start of class. Registrants will be notified.*
- *In order to maintain a professional learning environment in our classes and workshops, all meetings are for adults only (unless otherwise stated.) Childcare is not provided, so please make arrangements for your child (ren) the night of class.*
- *Unless otherwise noted, all classes offered in this Program Guide are held at the Parent and Child Center, 9 Prospect Street, Bristol.*

***Classes marked with ** are offered FREE to Bristol residents and childcare providers working in Bristol-based facilities thanks to Quality Enhancement Funding from the Bristol School Readiness Council.*

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on paper and postage!

If you would like to receive this program guide by e-mail, please e-mail kcarmeli@bristolhospital.org.



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Classes

Preschool Development & Discipline Series (5 parts)

This series focuses on families with children ages 3 to 5, exploring physical & social/emotional development, the child's ability to understand and ways to decrease unwanted behaviors. The class will also cover healthy nutrition and preparing your child for Kindergarten. Partially funded by grants from the Petit Family Foundation, the Stocker Foundation, and the Rotary Club of Bristol, a sliding scale fee and scholarships are available to low-income families. Free childcare available! Tues, Mar. 10 – Mar. 31, 2015 – 6 PM to 7:30 PM (or 8 PM) at Mountain View School, 71 Vera Rd, Bristol

Handling Children's Anger

This class focuses on common causes of childhood anger and the impact of a child's emotional, social and intellectual development on his ability to manage his anger. We will brainstorm strategies to help children express anger in more appropriate ways. Tuesday, March 31, 2015 – 6 PM to 8 PM; \$6/parent; \$7/provider

Nutrition and Your Preschooler

This class will discuss what to feed your preschooler, what nutrients your child needs and what portion sizes should be served. Get new ideas for healthy snacks & meals, and share ideas for serving a picky eater. Sample healthy snacks. Tuesday, March 10, 2015 – 6 PM to 7:30 PM; \$5/parent; \$6/provider

Preparing for Kindergarten

This workshop provides information for you to get your child ready for Kindergarten. Learn what skills elementary schools expect children to have mastered prior to beginning school. A list of resources parents can use to teach their children at home will be provided. Tuesday, March 17, 2015 – 6 PM to 8 PM; \$6/parent; \$7/provider

Learning Stations

Parents are their child's first teacher. Bring your preschooler to this week's class and together you will build a Learning Station that your child can use when they start Kindergarten this fall. Each preschooler will leave class with their very own Learning Station and supplies. Tuesday, March 24 – 6 PM to 8 PM; \$6/parent; \$7/provider

Classes

The Toddler Years**

Wednesdays, May 20 –27, 2015; \$18/parent; \$22/provider; Free to Bristol families

The Toddler Years: Hitting and Biting**

Hitting and biting are common toddler behaviors, but they are particularly upsetting to parents, especially when other children are involved. Together, we will discuss the underlying causes of these behaviors and brainstorm ways to decrease them. Wednesday, May 20, 2015 – 6 PM to 7 PM; \$10/parent; \$12/provider

The Toddler Years: Temper Tantrums**

In this workshop, we will discuss why tantrums happen, ways to prevent them, and how to cope when a tantrum does happen, despite your best efforts. Wednesday, May 27, 2015—6 PM to 7 PM; \$10/parent; \$12/provider

Play and Learn Group**

Our 6-week Play and Learn Group helps families meet other parents and children and offers early learning activities to help children develop school readiness skills prior to entering school. The program includes story time, craft activities and free play. Wed, Apr. 22 – May 27, 2015 - 9:30 AM to 10:30 AM; FREE - only open to Bristol families with children age 5 or younger.

Preparing for Kindergarten**

This workshop provides information about how to get your child ready for Kindergarten. Learn what skills elementary schools expect children to have mastered prior to beginning school. School readiness guidelines will be discussed and a list of resources parents can use to teach their children at home will be provided. Wednesday, April 22, 2015 – 6 PM to 8 PM; \$10/parent; \$11/provider

Helping Kids Cope with Stress and Anger**

Learn how to identify your child's potential triggers to anger and stress and discover new ways to diffuse situations before they reach a breaking point. Through discussion, sharing and self-examination, participants will learn how to make positive changes that will help their child learn to successfully cope with their own anger, stress and anxiety. \$10/parent; \$11/provider; Monday, June 8 – 6 PM to 8 PM

Classes

Toddler Development and Discipline Series

This 5-week series teaches positive discipline skills. This class is partially funded by a grant from the Rotary Club of Bristol and the Petit Family Foundation. A sliding scale fee and scholarships are available to low-income families.

Tuesdays, June 2 – 30, 2015—6 to 7:30/8 Series Fees: \$25/parent; \$30/childcare provider
Classes can be taken individually. See below for fees.

(Wk 1) Communicating with Toddlers

Covers what is coming for your 1 to 3 year old, why, and ways to communicate & help your toddler with their newfound independence. \$5/parent; \$6/provider
Tuesday, June 2, 2015—6 PM to 7:30 PM

(Wk 2) Disciplining Your Toddler

Discusses a variety of discipline techniques to achieve desired behaviors. Topics include toddler development, the child's ability to understand, causes of hitting, biting & temper tantrums, and ways to prevent them. \$6/parent; \$7/provider
Tuesday, June 9, 2015 –6 PM to 8 PM

(Wk 3) Potty Training Boot Camp

Learn how to make the transition from diapers to potty fun and easy for both child and parent. \$5/parent; \$6/provider
Tuesday, June 16, 2015—6 PM to 7:30 PM;

(Wk 4) Nutrition and Young Children

Discusses the nutrients your child needs to develop appropriately, portion sizes, and dealing with a picky eater. Sample healthy snacks and meals. \$5/parent; \$6/provider
Tuesday, June 23, 2015—6 PM to 7:30 PM

(Wk 5) Handling Children's Anger

Focuses on common causes of childhood frustration and anger and the impact of a child's emotional, social, and intellectual development on his ability to manage anger. Brainstorm strategies to help YOUR child. \$6/parent; \$7/provider
Tuesday, June 30, 2015—6 PM to 8 PM

Classes

FAMILY WELLNESS PROGRAM

*A Part of Growing Healthy Families:
Worth the Weight*

The Family Wellness Program promotes healthy nutrition and physical activity. The program includes nutrition education, Cooking Matters in the Store, Fitness Classes, Kids Cook and Gardening for Health. Funding is provided by a donation from Dr. Susan Adeyinka and grants from the Clinton S. Roberts Foundation and the Walmart Foundation. A sliding fee scale and scholarships are available to low-income families.

Cooking Matters in the Store

Join our FREE class about how to make delicious and healthy meals on a limited budget. Participants will get to practice key food shopping skills like buying fruits and vegetables on a budget, comparing unit prices, reading food labels, and identifying whole grains. The course concludes with a shopping challenge. Participants will receive all of the following FREE: \$10 grocery gift card, a re-usable grocery bag, and recipes. Registrants must be low-income.
Thursday, April 23, 2015 – 12:30 PM to 2:30 PM
ShopRite of Bristol, 1200 Farmington Avenue, Bristol

Kids Cook** (Ages 6 and up)

In this interactive workshop, parents and kids together will have the opportunity to try some healthy afterschool or anytime snack choices, and make snacks that kids can do on their own or with minimal adult supervision (depending on the age of your child). Nutritional guidelines and information on healthy portion sizes will be included. Please bring a mixing bowl and mixing utensil (eg large spoon or spatula) to class. Free to Bristol families and low-income families from any town; Others: \$10; Thursday, April 2, 2015 - 6 PM to 7:30 PM – Mountain View School, 71 Vera Road, Bristol, CT

Kids Cook Too** (Ages 6 and up)

Same class, new recipes...Monday, June 1, 2015—6 PM to 7 PM—Greene Hills School, Family Resource Center, 718 Pine Street, Bristol, CT

Classes

Kids Cook for Preschoolers** (Ages 3 to 5)

Same class, younger focus... Wednesday, June 3, 2015 – 6 PM to 7:30 PM – The Parent and Child Center, 9 Prospect Street, Bristol, CT

Fitness Classes

Family Zumba

If you're looking for a fun, dance-based workout for you and/or your young child, you should join our new Zumba fitness class. The class is open to families with children ages 4 & up. Parents are welcome to participate. Space is limited, so please let us know at the time of registration if you are registering only your child or both parent and child. Fee: FREE

4 week sessions available 5:15 PM– 6PM through 2015:

Classes at Mountain View School, 71 Vera Road, Bristol:
Mondays, March 9 – March 16, 2015 (5:15 PM to 6 PM)
Mondays, May 4 – May 25, 2015 (5:15 PM to 6 PM)

Classes at Stafford Elementary School, Gymnasium, 212 Louisiana Ave., Bristol, CT:
Mondays, March 30 – April 27, 2015 (5:15 PM to 6 PM)
Mondays, June 1 – June 22, 2015 (5:15 PM to 6 PM)

Shake, Rattle and Rollers for Toddlers

Toddlers are still learning language and how to control their bodies. This music-based program is designed to orient toddlers toward language development and improving their basic motor skills. Age appropriate for 18 to 33 months.

Tuesdays, June 9 – June 30, 2016 at Bristol Hospital, Hughes Auditorium, Brewster Road, Bristol, CT
\$20/child; Free to Low-Income Families

Shake, Rattle and Rollers for Preschoolers

This program builds coordination, flexibility and socialization skills. Melodic and rhythmic patterns provide both physical and brain exercise. Each class includes dance, directed activities and entry sport activity skills. Children ages 33 months to 4 years are welcome.

Thursdays, July 16 – August 6, 2015 – 10 AM to 10:45 AM
\$20/child; Free to Low-Income Families

Classes

Fast, Fun and Frugal Foods

Does your cooking need a little inspiration? Can't find meals the whole family will love? Want to eat healthier without breaking the bank? Learn how to use fiber-rich grains, enjoy enticing fruit and vegetable recipes & integrate more plant-based proteins into your diet. Classes include a cooking demo, food samples and a nutrition lesson. The last class ties it all together with a focus on your health goals.

June 11 – July 2, 2015 – 5:30 PM to 7:00 PM
\$5 per class or \$18 for the series.

Week 1 - Great Grains: Tired of pasta and white rice? What's the buzz about whole grains and where do I find them? Discover how to add healthy grains to your diet with advice and recipes that your family will love. Sample and learn about nutritious and delicious grain alternatives such as quinoa, wild rice, couscous and barley. Discover why these and other healthy grains are essential to well being and weight control.

June 11, 2015 (5:30-7 PM) \$5/person

Week 2 - Fun with Fruits & Vegetables: Not getting your five a day?! Your family won't eat their broccoli and carrots? We'll teach you easy ways to incorporate fruits and vegetables with tips and creative recipe ideas. Obtain easy and tasty recipes and sample fruit and vegetable based dishes for everyday use.

June 18, 2015 (5:30-7 PM); \$5/person

Week 3 - Protein Power: Unleash the power of plant protein with meatless meals. Plant-based proteins are nature's nutrient powerhouses. Learn the health and wellness benefits of using nuts, seeds, beans, legumes and soy. Sample a delicious meat-free entrée.

June 25, 2015 (5:30-7 PM); \$5/person

Week 4 - Your Personal Plate: Obesity, a national health threat, leads to chronic disease and disability. Did you know that good nutrition is one of the best strategies for disease prevention? In 2011 the USDA created Choose **MyPlate** as a resource to help Americans improve their health. Our nutrition professionals will use this resource to help you understand portion sizes, calories and learn strategies to curb weight gain or lose weight. **July 2, 2015 (5:30-7 PM); \$5/person**

Classes

FAMILY WELLNESS PROGRAM

Continued...

Gardening for Health

This class offers families the opportunity to learn how to grow healthy, nutritious food. Each family will receive nearly \$100 of gardening materials and guidance on how to grow their own food with minimal effort.

The Parent and Child Center, 9 Prospect Street, Bristol

Thursday, June 4 from 6 PM to 8 PM

Monday, June 8, 2015 from 12:30 PM to 2:30 PM

Greene Hills Elementary School, 718 Pine Street, Bristol

Thursday, May 28 from 6 PM to 8 PM

Mountain View School, 71 Vera Road, Bristol

Thursdays, May 21, 2015 from 6 PM to 8 PM

FREE for low-income families; \$30 for all others.

Introduction to “Parenting Your Spirited Child” **

This workshop will provide an introduction to ideas presented in the book “Raising your Spirited Child”. Our workshop is targeted for parents and caregivers whose child is more intense, sensitive, perceptive, persistent and energetic than a typical child. You will learn to understand your child’s and your own temperamental traits, discover the power of positive rather than negative, coping skills for dealing with tantrums and power struggles and plan for success. You will also learn how to develop strategies for handling mealtimes, bedtimes, holidays, schools and more. Tuesday, April 7, 2015 – 5:30 PM to 8 PM; \$10/parent; \$11/provider

*****Classes marked with ** are offered FREE to Bristol residents and childcare providers working in Bristol-based facilities thanks to Quality Enhancement Funding from the Bristol School Readiness Council.***

Classes

These classes are partially funded by a grant from the Petit Family Foundation and the Rotary Club of Bristol. A sliding scale fee & scholarships are available to low-income families:

The Explosive Child

An explosive child responds to routine problems with extreme frustration-crying, screaming, swearing, kicking, hitting, biting, spitting, destroying property, and worse—whose frequent, severe outbursts leave his parents feeling frustrated, scared, and desperate for help. Most of these parents have tried everything-reasoning, punishing, sticker charts, therapy, medication-but to no avail. Based on research by Dr. Ross Greene, this class will help parents understand that explosive kids are lacking some crucial skills in the domains of flexibility/adaptability, frustration tolerance, and problem solving, and require a different approach to parenting. This model promotes teaching these kids the skills they lack. \$11/parent; \$12/childcare provider; Wed, March 18 & 25—6 PM to 8 PM

Support Group for Parents of Children with Challenging Behaviors

This group will provide an opportunity for parents to share their experiences coping with life raising children with challenging behaviors. The group will provide support, education and the opportunity to develop new skills to deal with challenging behaviors. A light dinner will be served. (FREE) Wednesdays, March 11, April 8, May 13, June 10, – 6 to 7:30 PM

Transforming the Difficult Child: The Nurturing Heart Approach

This 2-night workshop will help you gather insight into the mind of a difficult child. The approach was inspired through the treatment of children who have been labeled as challenging, difficult, or intense - especially those who have been diagnosed on the spectrum of ADHD, ODD, Autism, PTSD, Reactive Attachment Disorder, Fetal Alcohol Syndrome, Developmental Disabilities, and more. Discover strategies on how to break patterns of negative responses, regardless of the child’s age and level of severity. Monday, May 18 and 25, 2015 – 6 PM to 8 PM; \$11/parent; \$12/childcare provider;

Classes

Parenting your Strong-Willed Child

Powerful kids come in lots of different packages. This two-part class will explore how strong-willed kids are both born and created, and ways to work with your child’s challenging behaviors to better understand your child, identify and understand the motivations behind their most frustrating behavior patterns, and come up with strategies you both can live with. We will explore positive ways to channel your child’s “power” from a negative power struggle in your home to positive actions and traits that will help them become happy and productive adults later in life. This class is partially funded by a grant from the Rotary Club of Bristol. A sliding scale fee & scholarships are available to low-income families. Monday, March 9 and 16, 2015 —6 PM to 8 PM \$11/parent; \$12/childcare provider.

Behavior Modification: Rewards Vs. Punishment

What is behavior modification? When and why should it be used? This class is for parents and caregivers who have children with special needs which impact their social/emotional behavior and development. Using rewards and eliminating punishments have been proven to result in a more positive self-image for a child and to alleviate the stress and anxiety of having special needs (such as ADHD, autism, ODD or other developmental disabilities). Modifying a child’s behavior will help the child, parents, teachers and any community activities in which the child may be involved. \$15/parent; \$17/provider Thursday, May 7, 2015 – 6 PM to 8 PM at the Parent and Child Center, 9 Prospect Street, Bristol, CT 06010

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Classes

Early Care and Education Classes for Providers

Come and join other caregivers as we explore our passion for taking care of children, and we openly discuss the struggles, accomplishments, and ups and downs of being an early care and education provider. Certificates of attendance will be given out at the end of each class.

Creating a Loving Bond with Every Child in Your Care.

How do you deal with a child in your care when there is little to no connection or you cannot see eye-to-eye? Sometimes we know why the connection is not there, and other times we can't figure it out. How do we reach out and create that connection? How do we see past our bias so that we can provide this child with a strong, positive bond? Come and enjoy an open discussion on why having a positive relationship with every child is so beneficial - not only to the child but also to you as the caregiver - and learn strategies for connecting with hard-to-reach children. Thursday, April 30, 2015 - 6 PM to 7:30 PM; \$12/early care and education provider

Developing Positive Communication with Parents to Improve Your Student's Behavior

In this group, we will learn new ways to positively involve parents in changing their children's behavior. We will discuss positive ideas on how to speak to parents - what phrases to use and things to avoid when discussing their child's behavior. We will then move on to how we can help motivate parents to inspire change in their child's behavior. Thursday, April 23, 2015 - 6 PM to 7:30 PM; \$12/early care and education provider

Centers sending 3 or more providers to a single class will receive a discounted rate of \$10/provider/class.

Classes

Power Struggles Between Parent and Child**

This group will explore the reasons behind power struggles between parents and children - teaching parents to think objectively about children's sometimes manipulative ploys to "get their way." The workshop will then outline strategies that parents can use to manage their own behaviors as well as their children's. This workshop will explore parenting techniques referenced in the book "I Never Get Anything - How to Keep Your Kids From Running Your Life." Thursday, March 5, 2015 - 6 PM to 8 PM; \$10/parent; \$11/provider

Tap into Talent-Creative and Active Kids (Ages 7-10)

Monday - Wednesday, April 13 - 15, 2015 - 9 AM to 12 PM ; Free to low-income children; \$10/class or \$30/series for all others

Monday, April 13, 2015 - Graphic Arts and Creative Creations

Come & explore your creative side! Kids will be inspired to create their own projects using a variety of materials. We will learn to write messages and send caring thoughts by making cards and pictures for the sick, elderly, soldiers and others. We will also learn how to convey a convincing public message by making posters for good citizenship and positive self-worth.

Tuesday, April 14, 2015 - Music

Time to boogie! In this moving class, we will listen to a variety of music and discuss what is similar and different about them. We will sing a common song and work together to change the words to make a new chorus for the song. There will be simple instruments to explore and kids will learn the basics of keeping a beat. At the end we will put together our new "song" by playing and singing the chorus.

Wednesday, April 15, 2015 - Fine Arts

Get up and moving in this active class! Kids will explore the art of dance by learning some group/line dances such as the Chicken Dance, Cupid Shuffle, Cotton Eye Joe, and much more! Kids will explore their acting side using reader's theatre plays. They will learn how to read parts using a different tone of voice and incorporating body language. After making simple props, kids will work in small groups to perform their play.

Classes

School Age Development and Discipline Series

This 6-part series includes information on setting limits & disciplining school-age children. Classes are partially funded by grants from the Rotary Club of Bristol and the Petit Family Foundation. A sliding scale fee & scholarships are available to low-income families. Classes can be taken individually.

Tuesdays, April 21 - May 26, 2015-6 pm to 7:30 or 8 pm; Series Fees: \$30/parent; \$36/childcare provider

Communicating with Your School-Age Child

Learn ways to communicate without arguing, defensiveness, or hostility. \$5/parent; \$6/provider
Tuesday, April 21, 2015-6 PM to 7:30 PM

Disciplining Your School-Age Child

Learn about setting limits and discipline techniques. \$6/parent; \$7/provider
Tuesday, April 28, 2015-6 PM to 8 PM

Raising a Responsible Child

Learn how to teach kids to think before they act (responsibility), accept accountability for their actions, & to work together with others (cooperation.) Discussion of rules, chores, and consequences. \$5/parent; \$6/provider
Tuesday, May 5, 2015-6 PM to 7:30 PM

Children and Self-Esteem

Discusses the importance of self-esteem & how parents can foster positive self-worth in their child. \$5/parent; \$6/provider. Tuesday, May 12, 2015-6 PM to 7:30 PM

Nutrition and Your School-Age Child

This class will discuss what nutrients your child needs and what portion sizes to serve. Get ideas for healthy snacks and meals, and share ideas for serving a picky eater. You will sample healthy snacks. \$5/parent; \$6/provider. Tuesday, May 19, 2015-6 PM to 7:30 PM

Handling Children's Anger

Focuses on common causes of childhood frustration and anger and the impact of a child's emotional, social, and intellectual development on his ability to manage anger. Brainstorm strategies to help YOUR child. \$6/parent; \$7/provider. Tuesday, May 26, 2015-6 PM to 8 PM