

# Early Learning Counts!

## Positive Parenting of Children, Ages 0-5

Does your busy schedule make it challenging for you to attend Early Childhood Family Education classes? Are you interested in obtaining some practical, no-nonsense parenting tools and techniques to help you with your parenting journey? Join us for monthly online parenting webinars, from 12:00 PM - 1:00 PM, designed specifically for parents of young children, ages 0-5 years old. Register today for these **FREE** webinars! Participate in the "live" presentation or access the recorded version when it is convenient for you. These monthly webinars are brought to you through a partnership between the Minnesota Department of Education and the Working Family Resource Center.



**OCTOBER 13, 2010**

**12:00 PM - 1:00 PM**

### **Parenting 101: How to Understand and Enjoy Your Child's Development**

As children grow and develop, they go through predictable stages with expectable behaviors. When parents (or other significant adults) know about these, they can let this understanding influence the ways they interact with their children. Understanding child development encourages acceptance of what is typical behavior - even when it is frustrating or unfamiliar. Children have phases of "odd" behaviors that are linked to development (e.g. eight year olds tend to go through a phase of "baby-talk"- just when you think they're maturing). Since all parents worry about their children being "normal", learning about development can either reassure you or support you in finding resources for a child that may have a delay or disability. Because all

children go through times of equilibrium and disequilibrium (and have times when they are "easier" or "more challenging" to parent), it's important to know what is typical behavior and when to look for help and additional information. This seminar will help balance your perspective of when your children are "driving you crazy" with finding the charm of the stage. It will include fun bits about what is important to kids at different ages and ideas about enjoying your children as they change.

**NOVEMBER 10, 2010**

**12:00 PM - 1:00 PM**

### **Social-Emotional Development: The Magic of Encouragement**

A strong self-esteem is an essential ingredient in a child's positive development. During this seminar parents will reinforce their current skills and learn new tools to help them continue to help their children develop a strong sense of themselves that will be necessary to meet the increasing demands as they grow and mature. We will also identify potential challenges a child will face as they have low self-esteem and offer guidelines to help parents use encouragement appropriately to support their child's growing self-image.



**DECEMBER 1, 2010**

**12:00 PM - 1:00 PM**

### **Discipline Is Teaching: Guiding Children's Behavior in Positive Ways**

This seminar will define discipline as opposed to punishment as a way to guide children to socially positive behaviors. With a strong base in child development, we will

explore a variety of strategies to use with various age groups and personality styles. Understanding "why" your child behaves the way he or she does is one key to making choices of guidance techniques. You'll hear about some quick tips as well as long term strategies. We'll also identify when you should be concerned about your child's behavior and where to go for additional help.

To register for any of the webinars listed please go to [www.workingfamilyresourcecenter.org](http://www.workingfamilyresourcecenter.org) and click on the links on the right hand side of the page.



**JANUARY 12, 2011  
12:00 PM - 1:00 PM**

**Good Enough Moms and Dads: Separating Fact from Fiction about Parent-Child Attachment**

Parents today are bombarded with messages telling them how to raise successful kids. One concept that plays a prominent role in those messages is “parent-child attachment,” reportedly an essential foundation on which a child’s optimal learning and development build. But what does “attachment” really mean, and why is it so important? How can you tell if your child’s attachment with you is developing as it should? Is it true that a baby’s brain development is affected by the quality of the parent-infant relationship? Can a good attachment develop if mom and dad both work outside the home? Is it necessary to breastfeed, “wear” your baby in a sling, or share the family bed in order to form a good

attachment? Is it possible for a child and parent to be too attached? If a baby is premature, medically fragile, or at risk for a disability, how might attachment develop differently? And what about an adopted child who may have missed out on a good attachment as an infant? What will it take for that child to form positive connections with adoptive parents, teachers and other caring adults?

**FEBRUARY 9, 2011  
12:00 PM - 1:00 PM**

**Countdown to Literacy**

Through this seminar you will learn that literacy is a process that begins at birth. Literacy begins in oral form from the moment you say your baby’s name. Literacy is learned on a continuum. As a result of this class you will learn the literacy continuum and where your child might fit on that continuum. If you have a child with disabilities or are concerned with your child’s literacy progress, you will find some clarification and learn about resources to access for your child. The main literacy components will be broken down, meaningful connections made and examples for your child at every level from birth through third grade

will be provided. Literacy is a cumulative process and you will learn immediate, hands-on ways to promote literacy in your home through everyday play, routines and experiences.



**MARCH 9, 2011  
12:00 PM - 1:00 PM**

**Healthy Kids, Healthy Families**

Are you tired of fighting with your kids about what to eat and getting them to move more? Are you unsure of what your kids really need for a healthy diet and exercise? In this seminar you will learn what kids need for healthy growth and develop-

ment. You will have a better understanding if your child may have any issues of concern and we will discuss tips on getting even picky eaters to eat right at home and away.

**APRIL 13, 2011  
12:00 PM - 1:00 PM**

**Parenting Your Child with Special Needs**

Parenting a child with special needs multiplies the challenges a parent faces. It requires more of everything: more money, more doctor visits, more stress, more resiliency, more energy and time, more frustration, and often more discouragement. Learn coping skills to help you manage the extra challenges, flags to know when to seek help, and valuable parenting resources available to you.



**MAY 11, 2011  
12:00 PM - 1:00 PM**

**Communicating with Young Children, Ages 0-5: Can You Hear Me Now**

Are your children tuning you out when you talk to them? Do you have to repeat yourself in order to be heard? A child’s specific developmental stage influences her ability to understand and commu-

nicate. This seminar will focus on practical, accessible and developmentally appropriate parenting skills and strategies for communicating with young children ages two through six years. We will also talk briefly about signs indicating there may be an issue with receptive and expressive language, and where to go for help.

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