

"Parenting with Heart"

A 10 week Parenting class where YOU decide what you want to learn.



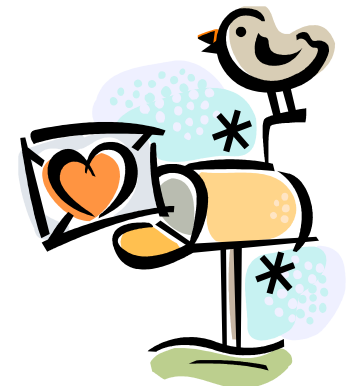
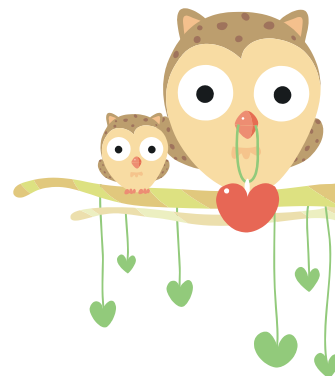
Please call Pam at Pro Action of Steuben and Yates, Inc. 1-800-553-2033- ext 144, or Julie at the Center @ 936-3837
Funded in part by: United Way of the Southern Tier, Community Foundation, Triangle Foundation and Steuben Family Enrichment Collaborative

NONNIE HOOD PARENT AND FAMILY RESOURCE CENTER



...a great place to grow your family!

March 2011 Calendar and Newsletter





Nonnie Hood Parent and Family Resource Center March Calendar Clues

All programs are open to the public.
We suggest you visit the PRC or call,
936-3837, to register for programs.

MEETINGS AND GROUPS

The Autism Support Group **March 14— 6-8 PM**
The Autism Support Group meets monthly at the PRC and is open to any family with a child diagnosed with Autism and those who are seeking more information on the topic of Autism. For more information call Robin Drury at (607) 425-1706.

Early Head Start Socialization **March 14 & 28— 10-11:30 AM**
Please contact Peggy Miles of Pro Action Head Start at (607) 776-2125.

ONGOING ACTIVITIES

Countdown to Kindergarten— Kindergarten readiness is an important component here at the PRC. We want your family's success in entering the school age years to be a natural transition because you were well prepared and equipped with techniques the PRC offered you and your child.

March will continue to focus on **Gross (large) Motor Skills**. There will be ample opportunities for your child to use the climber, practice going up and down slides, stairs, and ladders, use push and pull toys, build up their large muscles and our personal favorite, parachute play.

Gross Motor Development is the development of the large muscles in our body. The muscles that are responsible for our ability to walk, run, and simply move around. We can see great changes in a child's gross motor development between the ages of 3 and 5:

The 3 year old child can: Walk, run, turn and stop. Coordinate in various situations. Begin to balance. Exhort energy when playing but still needs to rest.

The 4 year old child can: Walk, run, turn and stop. Begins to learn how to skip. Is generally able to balance and climb. Play and stay active without needing a rest period.

The 5 year old child can: Walk, run, and skip. Coordinate their movement so that they are able to swim, ride a bike, skate. Balance, jump, and climb well. Remain active for long periods and has a high energy level.

<http://www.articlesbase.com/childhood-education-articles/fun-gross-motor-activities-for-kids-897476.html>

The PRC has a new climbing area!! It includes four pieces of large motor climbing equipment intended for children birth to five. The area is fully carpeted and freshly painted. Come check it out!

EVENTS, ACTIVITIES, AND FAMILY EDUCATION OPPORTUNITIES



March 12 9:00-3:00 PM
Flexible Families: Parenting Through Separation and Divorce

This is a program that helps reduce the impact and long term effects of divorce or separation on children by teaching their parents how to contain conflict and act in the best interest of the child. This course encourages effective communication, problem solving, and conflict resolution. Contact Julie Matusick to register or to ask for more information. Pre-registration is required. There is a sliding fee scale for this class.

March 17— St. Patrick's Day Party @ 3 PM

Join us for a St. Patty's Day stories and potato prints making. Please feel free to bring any snacks to contribute to our party. Remember, the PRC is peanut free!

March 7, 14, 21 & 28 — 10-12 AM "Parenting with Heart"

This parenting series offers an informal round table discussion setting in which parents will discuss a variety of parenting topics. This is a ten-week course where you decide what you will learn. The PRC is proud to be part of this collaboration in conjunction with The Family Enrichment Collaborative and TEPE Training Institute.

March 29 - 6pm-8pm "1-2-3 Magic"

Come learn about effective discipline methods for children ages 2-12. This workshop is based on information from Thomas W. Phelan, Ph.D. Pre-registration is required. Multi-media is used as part of the curriculum for this class.

Afternoon Fireflies: Stories and Crafts— Come in and enjoy new stories and crafts Thursday afternoons each week! For the next two months we will be focusing on **Vocabulary**. There will be informational materials available on the importance of **Vocabulary** and how to demonstrate and implement it into your family's reading routines.

For more information on literacy skills visit:
<http://www.multcolib.org/birthtosix/elitsskills.html>



Nonnie Hood Parent and Family Resource Center













300 Civic Center Plaza
 Corning, NY 14830
 607-936-3837

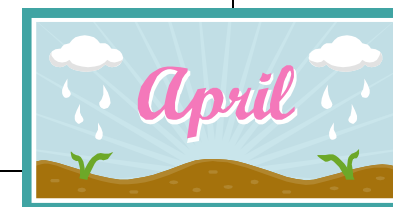
March 2011

Wednesday & Friday: 10:00 am- 3:00 pm
Tuesday: 10:00 am- 3:00pm
Thursday: 12:00 pm- 7:00 pm
Saturday: 10:00 am-1:00 pm



www.nonniehoodprc.org

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
KINDERGARTEN READINESS FOCUS Large Motor Skills For Outside	Friendly Reminder: The PRC is closed on Monday's Closed Early Head Start 10-11:30 Autism Support Group 6-8pm Closed  Closed Early Head Start 10-11:30	1 	2 "Me Time" 3-6 pm	3 "Me Time" 9 am-12 pm	4	5 Birthday coming up? See if your special day is still available!	
6 Sledding, skating, shoveling, making snow forts (remember the helmet)		7	8  	9 "Me Time" 3-6 pm	10 "Me Time" Afternoon Fireflies: Stories and Crafts every Thursday at 3	11 	12 Flexible Families 9 am -3 pm
13 Day Light Savings Time		14	15  	16 "Me Time" 3-6 pm	17 HAPPY ST. PATRICK'S DAY Potato Printing @ 3	18	19 The PRC can be rented for parties, showers or reunions!
20 First Day of Spring		21	22  	23 "Me Time" 3-6 pm	24 "Me Time" 9 am-12 pm	25 Whatever the occasion, let the PRC be your second home to gather in!	26 
27 		28	29 1-2-3 Magic 6pm -8 pm 	30 "Me Time" 3-6 pm	31 "Me Time" 9 am-12 pm	1	2



Character Education Corner “Citizenship”

“...we all have an obligation as citizens of this earth to leave the world a healthier, cleaner, and better place for our children and future generations.” ~Blythe Danner

Taking action to build positive character qualities

There are many opportunities to put ourselves in the path of challenging situations. It may require getting involved where there is risk of being hurt or experiencing discomfort. Reaching out to those who are ill or having difficulties takes courage and compassion. Challenging someone who is out of line can be risky as they are approached. Planning these kinds of strong character building activities will draw the family together and enable focus on character. Parents want children who will make smart choices in private and use good judgment when making decisions involving others. How do you do that? The PRC is here to help.

<http://www.conquering-stressful-family-hurdles.com/character-traits.html>

Questions to discuss as a family:

1. How can I leave the world healthier and cleaner?
2. How can I be a good neighbor to others?
3. What is teamwork and team spirit?
4. What would the world look like if everyone was a good citizen?

Source:

<http://goodcharacter.com/pp/fairness.html>



Who couldn't use a little “Me Time” ?

Introducing “Me Time”

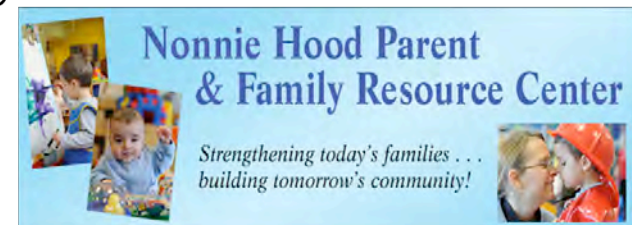
Non-traditional childcare for when you need it most in a comfortable, clean, familiar atmosphere. Drop off care that meets your needs and allows your child to grow and discover the PRC.

Parent Information

- **Time:** Wednesday 3pm-6 pm
Thursday 9 am-12 pm
- **Cost:** \$12.00 per child
- **Experienced staff**
- **Clean and safe learning environment**

Child Information

- **Snacks**
- **Socialization**
- **Activities and crafts**
- **Fun and learning**



Pre-registration is required!

Talk to a staff member today!