

North Clackamas School District



**Parent
Institute**

where love meets learning

Saturday, February 28, 2009
drop in from 8 a.m. to 3 p.m

Alder Creek Middle School
3801 SE Webster Road

Register for
www.techcadre.com/parentinstitute
503-353-6040

free classes for parents of babies and pre-schoolers

babies & toddlers

Playful Parenting

This workshop demonstrates the importance of play. Parents & tots will learn songs, finger plays, & other activities they can do together at home. Learn how children & parents benefit from play. Come by yourself, or bring your baby or toddler for this session only.

Your Baby's Development

Bring baby, and learn some important developmental milestones for the first year. Discover the kinds of early experiences that benefit a baby's growth, and discuss how these experiences shape your baby's developing brain. Share simple ways you can encourage your baby's development in the midst of everyday activities.

pre-schoolers

Ready, Set, Go!

Self-confidence is a key part of healthy development. Learn new tools to help your preschooler build independence & overcome shyness in this fun & interactive workshop.

pre-schoolers

Raising Healthy Eaters

Good nutrition boosts school performance and behavior. Make healthy foods fun by offering kid-friendly choices & getting picky eaters involved in gardening & cooking.

Smart from the Start

Discover skills your pre-schooler needs for a successful start in school, & how to tell when your child is ready to begin kindergarten.

Beyond Sibling Rivalry

How can parents and teachers work together to bring more harmony between siblings? Learn ways to avoid comparing siblings & find opportunities for siblings to build stronger relationships.

Parenting with Love & Logic

This popular session offers proven strategies parents & teachers can use to help children grow from their mistakes & live with the consequences of their choices.

What to Expect in Elementary School

Find out what you need to know about kindergarten registration, and what today's elementary schools are like. Find out more about lotteries to enter innovative magnet programs that focus on bilingual, multiple-intelligence, and environmental learning.

Reading Readiness

Build a foundation for reading, writing, and spelling by playing games with your child (age 4 to 8) to enhance awareness of letter sounds.

Dealing with Behavior Problems

Building consistency and using positive strategies to improve your child's behavior.

How to Spot Learning Challenges Early

How to tell whether your child's development is on track, and how to get help early if you spot a problem.