ProAction of Steuben and Yates, Inc.
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RESILIENT Children & Families

FAMILY DEVELOPMENT CALENDAR SEPTEMBER 2018

INSIDE EVERY ISSUE

- Child Development Activities
- Play Groups & Story Hours
- Special Activities & Events
- Parent Groups, Education, & Workshops
- Parent Education Menu

DROP-IN CENTER HOURS

Addison -Jennie Mose Family Resource Center

14 South Street, Addison, NY 14801
(former post office) Phone: # 359-3839

Tuesdays –Fridays 9:00 am -1:00 pm and
Tuesday Evening 6:00-7:00 pm;
Closed: Mondays and Friday Sept. 14th & 28th

Bath Area Family Resource Center

216 Maple Heights, Bath, NY 14810
(VEW elementary) Phone: # 776-4123 x 5650

Monday, Tuesday, Wednesday 8:45-1:00
Thursday 8:45-1:00pm & 1:30-7:00pm,
Closed Fridays & August 15th

Hornell Area Family Resource Center

REOPENING ON WED. SEPTEMBER 12TH

Hornell Intermediate School 71 Buffalo St Rm.112
Hornell, NY 14843 Phone # 324-1304 x 1741
We serve families and children birth to 5 and students from Kindergarten - 12th grade

Mondays: 1:00 pm-5:00pm;
Tuesdays 10:00 am-Noon; 1:00pm-3:00 pm;
Wednesdays 10:00 am –Noon ; 1:00pm-4:00 pm;
Thursdays 10:00 am-1:00 pm
Closed Fridays

Protective Factor spotlight

Knowledge of Parenting and Child Development

No parent knows everything about children or is a "perfect parent." An understanding of parenting strategies and child development helps parents understand what to expect and how to provide what children need during each developmental phase. All parents, and those who work with children, can benefit from increasing their knowledge and understanding of child development, including:

- Physical, cognitive, language, social and emotional development
- Signs indicating a child may have a developmental delay and needs special help
- Cultural factors that influence parenting practices and the perception of children
- Factors that promote or inhibit healthy child outcomes
- Discipline and how to positively impact child behavior

What parents do and how they treat children is often a reflection of the way they were parented. Acquiring new knowledge about parenting and child development enables parents to critically evaluate the impact of their experiences on their own development and their current parenting practices, and to consider that there may be more effective ways of guiding and responding to their children.

Furthermore, understanding the mounting evidence about the nature and importance of early brain development enables both parents and those who work with children to know what young children need most in order to thrive: nurturing, responsive, reliable and trusting relationships; regular, predictable and consistent routines; interactive language experiences; a physically and emotionally safe environment; and opportunities to explore and to learn by doing. Excerpted from SF_Knowledge-of-Parenting-and-Child-Development.pdf

For the full PDF from Strengthening Families click here

Southern Tier Kids On Track

United Way Community Partner

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CHILD DEVELOPMENT ACTIVITIES

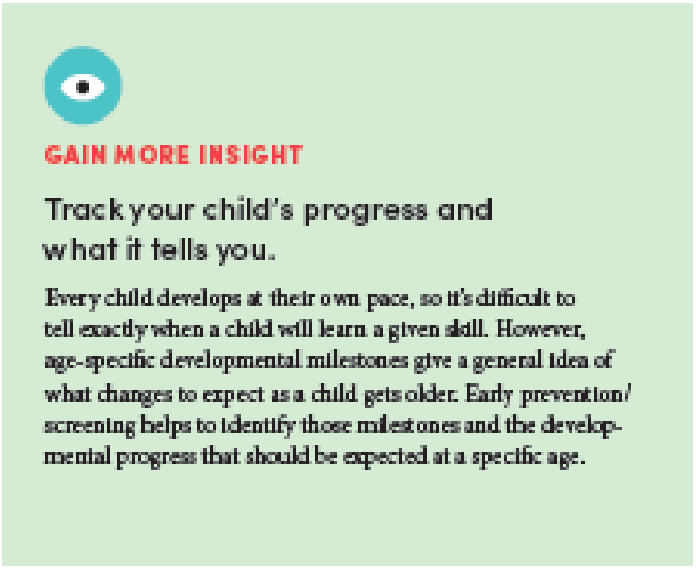
FREE! Ages & Stages Developmental Screening

Ages & Stages Questionnaires is a developmental screening tool parents can use for children ages 1 ½ months to 5 ½ years. The ASQ is an ongoing, family friendly screening tool to see if your child is on track in the areas of communication, gross motor, fine motor, problem solving, and personal- social development. Interested families will have an initial child screening and then rescreened yearly to ensure children are on track developmentally. ASQ is easy to use, identifies areas in need of practice, and celebrates early childhood milestones.

ADDISON –Jennie Mose Family Resource Center
Available during open hours or by appointment
Place: Jennie Mose Family Resource Center (Addison)
Registration: Registration is encouraged. To schedule, please call the JMFRC @ (607) 359-3839 or watkinsk@proactioninc.org

BATH -Bath Area Family Resource Center
Available during open hours or by appointment
Place: Bath Area Family Resource Center
Registration: Registration is encouraged To schedule, please call the BAFRC @ 607-776-4123 x 5650 or clarksonsmithp@proactioninc.org

HORNELL – Hornell Area Family Resource Center
Available during open hours or by appointment
Place: Hornell Area Family Resource Center
Registration: Registration is encouraged. . To schedule, please call the Hornell FRC at (607) 324-1304 Ext. 1741
or Robords-PatrickD@proactioninc.org



Baby Doll Circle Time

Ensure your children will thrive by starting this stress-reducing and giggle-inducing program. Enhance relationships between caregivers and children by strengthening attachment, attunement and social play. Bring your own baby doll or use one of ours. Join us for an amazing circle time!

JENNIE MOSE FAMILY RESOURCE CENTER
Day(s): Tuesdays
Date(s): September , 2018
Time: 10:00 AM - 10:30 AM
Place: Jennie Mose Family Resource Center (Addison)
Registration: Registration is not required.
Child Care: NA: Program is for parents and children
Food: None

BATH AREA FAMILY RESOURCE CENTER
Day(s): Wednesday & Monday
Date(s): September 4, 18, 2018
Time: 10:00 AM - 10:30 AM
Place: Bath Area Family Resource Center
Registration: Registration is not required.
Child Care: NA: Program is for parents and children, Parents are encouraged to take part in this Circle Time
Food: Snack

HORNELL AREA FAMILY RESOURCE CENTER
Day(s): Tuesday during Toddler play group
Date(s): September 25, 2018
Time: 10:30 AM - 11:30 AM
Place: Hornell Area Family Resource Center
Registration: Registration is not required.
Child Care: NA: Program is for parents and children
Food: None

Toddler Circle Time!
Circle time offers many opportunities for learning. It increases a child's sense of belonging through socialization. They practice patience, taking turns, learning boundaries and respect. A great parent-child bonding experience through songs, stories, fine motor and gross motor activities!
Day(s): Tuesdays and Thursday
Date(s): September 11, 20, 25, 2018
Time: 9:30 AM - 10:00 AM
Place: Bath Area Family Resource Center
Registration: Registration is not required.
Child Care: NA: Program is for parents and children
Food: Snack

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PLAY GROUPS & STORY HOURS

Play is Everything
When we think of "play," we shouldn't be thinking of any single type of activity. Play comes in many forms.

- In social play, children play with one another or with adults: tossing a ball, creating friendly competitions, acting out make-believe sagas, etc.
- In independent play, children play by themselves: telling stories with their action figures or stuffed animals, doing puzzles, building with blocks, etc.
- In guided play, children play within a context that adults have set up. For example, a camp counselor might pose, "We're going to put on a play using these props. What do you think the play should be about? How should we start it?"

Three Indicators of Playful Learning

- Choice. Kids are setting goals, developing and sharing ideas, making rules, negotiating challenges, and choosing how long to play.
- Wonder. Kids are exploring, creating, pretending, imagining, and learning from trial and error.
- Delight. Happiness! Kids are smiling, laughing, being silly, or generally feeling cozy and at ease.

Excepted from https://www.gse.harvard.edu/uk

Drop In & Play
Come join us at the Jennie Mose Center for music, movement and stories to promote literacy and social/emotional development in children in a playful learning atmosphere.

Day(s): Tuesdays
Date(s): September , 2018
Time: 6:00 PM - 7:00 PM
Place: Jennie Mose Family Resource Center (Addison)
Registration: Registration is not required.
Child Care: NA: Program is for parents and children
Food: Snack

Play Group
Join us for play group, and meet other families, share experiences, and build connections while the children play. Infant to 1 year is September 18 and Toddler playgroup is September 25 and will include Baby Doll Circle Time. Preschool play group will begin in October. ASQ screenings are also available at play groups.

Day(s): Tuesdays
Date(s): September 18, 25, 2018
Time: 10:30 AM - 11:30 AM
Place: Hornell Area Family Resource Center
Registration: Registration is not required.
Child Care: NA: Program is for parents and children
Food: None

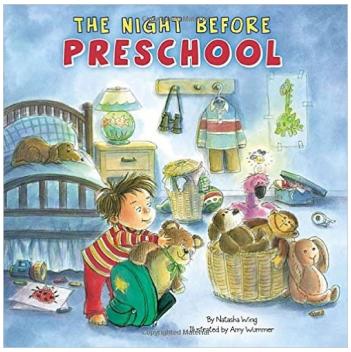
Story Time at the Hornell Family Resource Center
Join us for a fun filled hour of songs, stories, rhymes, and arts & crafts.

Day(s): Thursdays
Date(s): September 13, 20, 27, 2018
Time: 10:30 AM - 11:30 AM
Place: Hornell Area Family Resource Center
Registration: Registration is not required.
Child Care: NA: Program is for parents and children
Food: None

Story Time with the Dormann Library!
We never know what Miss Kathleen from the Dormann Library will surprise us with! Join us for this interactive story time and snack!

Day(s): Thursdays
Date(s): September 13, 27, 2018
Time: 9:30 AM - 10:00 AM
Place: Bath Area Family Resource Center
Registration: Registration is not required.
Child Care: NA: Program is for parents and children
Food: Snack

Tall Tales
Tall Tales offers a balance of participatory and listening activities for children and their parents or caregivers. These activities include story-reading, story-telling, music, and movement. Snack provided. All are welcome to stay and play before and after.



Day(s): Tuesdays
Date(s): September , 2018
Time: 10:30 AM - 11:30 AM
Place: Jennie Mose Family Resource Center (Addison)
Registration: Registration is not required.
Child Care: NA: Program is for parents and children
Food: Snack

Together Time
Together time provides the opportunity for toddlers & preschoolers to develop in all areas of growth and development (cognitive, emotional, language and physical) through the use of stories, music and games while building relationships with one another.

Day(s): Wednesdays
Date(s): September , 2018
Time: 10:00 AM - 10:30 AM
Place: Jennie Mose Family Resource Center (Addison)
Registration: Registration is not required.
Child Care: NA: Program is for parents and children
Food: None

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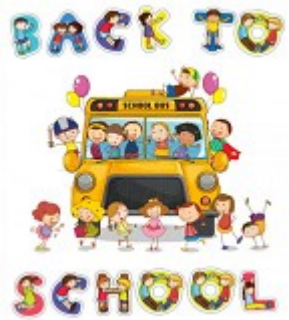
SPECIAL ACTIVITIES & EVENTS

A B C's of Yoga with Certified Yoga Instructor Zoe Hannan!
Yoga improves concentration, coordination, self image and body awareness. Children learn to manage stress through breathing. Parents are encouraged to join in. Are you ready to stretch and relax?
Day(s): Wednesday
Date(s): September 26, 2018
Time: 9:30 AM - 10:00 AM
Place: Bath Area Family Resource Center
Registration: Registration is not required.
Child Care: NA: Program is for parents and children
Food: Snack

All Fun and Games
Drop by the Center after school and spend time together. Enjoy board games, Legos, arts and crafts, S.T.E.M. activities and more with your school-aged child.
Day(s): Monday
Date(s): September 24, 2018
Time: 3:00 PM - 5:00 PM
Place: Hornell Area Family Resource Center
Registration: Registration is not required.
Child Care: NA: Program is for parents and children
Food: Snack

Back to School! YAY or NAY!
Join us as we transition to our school-agers heading back to classes and we get back into a routine.
Day(s): Wednesday
Date(s): September 5, 2018
Time: 9:00 AM - 1:00 PM
Place: Bath Area Family Resource Center
Registration: Registration is not required.
Child Care: NA: Program is for parents and children
Food: A light brunch will be offered.



Celebrate Grandparents Day!
Grandparents have a special place in our heart! What better way to show them how important they are to us, than by inviting them to the Center! Bring your grandparent(s) or someone very special in your life to a light brunch honoring them with stories and songs!
Day(s): Thursday
Date(s): September 6, 2018
Time: 10:00 AM - 11:00 AM
Place: Bath Area Family Resource Center
Registration: Registration is not required.
clarksonsmithp@proactioninc.org, 607-776-4123 x 5650
Child Care: NA: Program is for parents and children
Food: A light brunch will be served.

Fine Motor Fun!
Fine motor skills are achieved when children learn to use their smaller muscles, like muscles in their hands, fingers and wrists. Children use their fine motor skills when writing, holding small items, buttoning clothing, turning pages, eating and cutting with scissors. These skills lay the foundation for academic learning.
Day(s): Monday
Date(s): September 10, 2018
Time: 9:00 AM - 10:00 AM
Place: Bath Area Family Resource Center
Registration: Registration is not required.
Child Care: NA: Program is for parents and children
Food: Snack

Fun Friday
As the name implies Fridays will be designated to special activities or events for little ones and their families or providers.
Day(s): Fridays
Date(s): September 7, 21, 2018
Time: 10:00 AM - 12:00 NOON
Place: Jennie Mose Family Resource Center (Addison)
Registration: Registration is not required.
Child Care: NA: Program is for parents and children
Food: Snack

Science Sparks
Age appropriate science exploration for toddlers & preschoolers
Day(s): Thursdays
Date(s): September , 2018
Time: 10:30 AM - 11:30 AM
Place: Jennie Mose Family Resource Center (Addison)
Registration: Registration is not required.
Child Care: NA: Program is for parents and children
Food: Snack

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PARENT GROUPS, EDUCATION & WORKSHOPS

Pathways to School Readiness !

An opportunity to connect with other families, engage in your child's development, and enjoy a parent-child activity to support your child's journey to preschool or kindergarten in a supportive environment.
Each month brings a new topic.
Join us this session to learn about school readiness and how you can help your child be prepared for school with fun, simple activities you can do in your own living room. You will gain information and receive resources to support your child's school readiness!

FLIP IT!
FLIP IT© Teaches four, easy to remember steps to help children identify their feelings, learn healthy self-control and reduce challenging behaviors. FLIP IT© is for anyone… parents, grandparents, teachers, childcare providers. Facilitators are certified by Devereux Center for Resilient Children.
Day(s): Thursdays
Date(s): September 6, 13, 20, 27, 2018
Time: 5:00 PM - 7:00 PM
Place: Cohocton Public Library 8 Maple Ave., Cohocton, NY
Registration: Registration is required. Karen Sweeney 607-426-4879 or markarensweeney@gmail.com
Child Care: No
Food: None

Parent Connections
Parent Connections is a group designed to strengthen and support parents & caregivers who are raising children with special needs. Assistance with children, light refreshments and hands on activities will be available. Group Facilitators, Heather Balch, Parent Leader & Krys Watkins, JMFRC Coordinator.
Day(s): Saturday
Date(s): September 15, 2018
Time: 10:00 AM - 12:00 NOON
Place: Jennie Mose Family Resource Center (Addison)
Registration: Registration is not required.
Child Care:
Food: Snack

Routines and Discipline
Routines for children give structure and help reduce tantrums, stress, anxiety, and crankiness. Let's talk about tips and techniques for establishing a routine and discuss discipline strategies with Stacey O'Dell Prevention Educator from Steuben Council on Addiction.
Day(s): Monday
Date(s): September 17, 2018
Time: 1:00 PM - 2:00 PM
Place: Hornell Area Family Resource Center
Registration: Registration is not required.
Child Care: Yes No need to register.
Food: None

BATH AREA FAMILY RESOURCE CENTER
Day(s): Monday
Date(s): September 24, 2018
Time: 9:30 AM - 10:30 AM
Place: Bath Area Family Resource Center
Registration: Registration is not required. Call 607-776-4123 x 5650 or clarksonsmithp@proactioninc.org
Child Care: NA: Program is for parents and children
Food: Snack

HORNELL AREA FAMILY RESOURCE CENTER
Day(s): Wednesday
Date(s): September 24, 2018
Time: 10:30 AM - 11:30 AM
Place: Hornell Area Family Resource Center
Registration: Registration is not required. Call 324-1304 Ext. 1741 or robards-patrickd@proactioinc.org
Child Care: NA: Program is for parents and children
Food: None

JENNIE MOST FAMILY RESOURCE CENTER
Day(s): Friday
Date(s): September 21 2018
Time: 10:00 AM - 11:00AM
Place: Jennie Mose Family Resource Center
Registration: Registration is not required. Please call the Hornell Family Resource Center at 324-1304 Ext. 1741 to register.
Child Care: NA: Program is for parents and children
Food: None

S2AY Rural Health Network Navigator Program
Health Insurance Navigator will be available to assist with accessing the Health Insurance Marketplace or to answer questions regarding the Affordable Care Act.
Day(s): Wednesdays
Date(s): September 2018
Time: 9:00 AM - 12:00 NOON
Place: Jennie Mose Family Resource Center (Addison)
Registration: Registration is required. Registration is required. Registration is required. Please contact the Institute for Human Services to make an appointment @ 2-1-1 or 1-800-346-2211
Child Care: Yes, No
Food: None

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PARENT EDUCATION MENU

FLIP IT !
FLIP IT© Teaches four, easy to remember steps to help children identify their feelings, learn healthy self-control and reduce challenging behaviors. FLIP IT© is for anyone… parents, grandparents, teachers, childcare providers. While the best results happen for those who engage in a 5-week series, the program can be tailored to fit the audience. Other options include: 3-hour overview to full-day or two-day sessions. Facilitators are certified by Devereux Center for Resilient Children.

Dads Matter!
Developed by fathering and parenting experts, 24/7 Dad™ focuses on the characteristics that men need to be involved fathers 24 hours a day, 7 days a week. This community-based program helps men develop the attitudes, knowledge, and skills they need to get — and stay — involved with their children. 24/7 Dad™ focuses on key fathering characteristics — like masculinity, discipline, and work/family balance — and helps men evaluate their own parenting skills, as well as their fathering role models.

Brunch with Baby
This is an opportunity to learn more about being a first time mom and dad. We welcome pre-natal parents and those with babies up to 12 months. Babies are welcome!! The NYSPEP New Parent Tool Kit will be given to everyone who attends, which is full of resources and information Not only are these workshops lively and interactive, they offer food, fun and connection! Facilitators are credentialed by the NYS Parenting Education Partnership and/or certified Training for Excellence in Parenting Education

Parenthood 101
These classes are one time offerings. Topics will be identified by instructor as issues that are trending. The format will be a roundtable discussion with research based information being shared.

For more information contact:
Parent Education Coordinator: Karen Sweeney
607-426-4879 or email your request to:
markarensweeney@gmail.com

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@GREATPARENTSMADEHERE

Parenting with Heart
Is far and away the most popular parenting series. In this 10-week series parents choose what they want to or need to learn from a number of topics that include such things as discipline, child safety, communication, child development, and the importance of self-care and the effects of substance abuse on the family. Participants also learn about how their own upbringing influences the way they are raising their children. Parenting with Heart sessions are facilitator led, round-table discussions and take place in relaxed setting. Facilitators are credentialed by the NYS Parenting Education Partnerships

Grand Parenting Support Group
There are 4.9 million grandparents raising their grandchildren! Many others are stepping up and supporting their adult children in the raising of their children. This support group will explore the changes in our society that have occurred since the rearing of their children and much more.

Nurturing Parenting
Evidenced- based program created by Stephen J. Bavolek Ph.D. This program addresses a broad range of topics such as: ages and stages of development, communication, managing feelings, managing anger and stress, discipline, alternatives to spanking, creating parenting routines and much, much more.

Nurturing Parenting for Teen Parents
Evidenced – based program created by Stephen J. Bavolek Ph.D. Parenting is hard at any age, but especially for teen and very young parents. Sample topics covered: Become a more nurturing parent to your child, help your child to grow up with positive self-worth, use discipline and rewards that promote positive self-regard, ages and stages of development, how to have fun with your child, how to grow as a family, and so much more!

Easy to Love, difficult to Discipline; the 7 Basic Skills for Turning Conflict into Cooperation- Book Study
We'll explore and learn from each other through this study-- Dr. Becky Bailey's Seven Powers of Self-Control; Seven Basic Discipline Skills; Seven Values for Living, Such as Integrity, Respect, Compassion, Responsibility and More. Can be held weekly or monthly.

If you would like to receive only this calendar you can go online to www.becomeagreatparent.com on the events page to see all the offerings **and** contact Linda George @ georgel@proactioninc.org to request to be added or removed from the monthly email. Thank you