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.***

Help us to save 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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https://www.facebook.com/ParentandChildCenteratBristolHospital

everyday extraordinary

BRISTOL HOSPITAL
Parent & Child Center
in partnership with CT District Exchange Clubs

9 Prospect Street
Bristol, CT 06010

The Parent & Child Center's Programs

November 2013 to April 2014

The Parent and Child Center's Primary Focus is on the prevention of child abuse by supporting healthy families in Central Connecticut and the Farmington Valley. 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

BRISTOL HOSPITAL
Parent & Child Center
in partnership with CT District Exchange Clubs

Classes

FREE PROGRAMS IN FARMINGTON

Sleep Issues with Infants and Toddlers

Are you having trouble getting your child on a nighttime and naptime sleep pattern that you can live with? If you are struggling with irregular sleep patterns, catnapping, frequent nighttime waking, or cranky, overtired and "wired" little ones, this class is for you. We will discuss how much sleep children typically need at each age, how to establish healthy bedtime routines, how reaching new developmental stages may impact a child's current sleep pattern, and how to gently and lovingly help your child learn to sleep through the night, without requiring them to simply "cry it out."
Thursday, Nov. 14, 2013—9:30 to 11 AM

Preparing Healthy, Toddler Friendly Snacks and Meals

Do you have questions about how much your child should be eating or what foods are needed for healthy development? Having issues with picky eating or "food jags"? Trying to eat healthy without busting your food budget? Come join us and learn some new ideas for preparing simple, healthy and kid friendly meals!
Thursday, December 5, 2013—9:30 AM to 11 AM

Farmington classes are funded by the Farmington Exchange Club and are held at Farmington Library, Child Activity Room, 6 Monteith Dr, Farmington. To register for Farmington classes, To register for this class, call Farmington Library at 860-673-6791 or go online to http://www.farmingtonlibraries.org.

FREE PROGRAM IN BRISTOL

Breastfeeding Support Group

This FREE group provides support, encouragement and education to breastfeeding mothers. The group will be facilitated by a registered dietician and certified lactation consultant. Morning and afternoon sessions are available each month. A light snack is served at each group.
Mornings (10 AM to 10:45 AM): Thurs – Nov. 7, Dec.12, 2013; Jan. 9, Feb. 13, Mar. 13, 2014
Afternoons (2:30 PM to 3:15 PM): Thurs – Nov. 20 (Wed.), Dec. 26, 2013; Jan. 23, Feb. 27, Mar. 27, 2014
This group is partially funded by a CATCH grant from the AAP in conjunction with Dr. Susan Adeyinka.

Classes

School Age Development and Discipline Series

Classes are partially funded by grants from the Fuller & Myrtle Barnes Fund for Education at the Main Street Community Foundation and the Petit Family Foundation. A sliding scale fee & scholarships are available to low-income families.

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. $4/parent; $5/provider. Tuesday, November 12-6 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. $5/parent; $6/provider. Tuesday, November 19—6 PM to 8 PM

Preventing Risky Behaviors: The Pre-Teen & Teenage Years

This 2-part workshop will delve into the choices teens face daily, including important prevention issues, such as suicide, drugs, alcohol and tobacco use. Discussions will also include information about the internet and social networking sites and applications your child may use, details about how kids are using mobile devices like smartphones, tablets, and e-readers, and how to help your child use them wisely. Week 2 will provide a more in-depth discussion of these prevention issues, including important developmental milestones, peer pressure, teen sexuality, suicide prevention, and self-esteem. We will allow time for parents to bring up real issues in their own families, so that participants can brainstorm solutions for dealing with the tough issues faced by their teens.
Wed, Jan. 13 & 20, 2014—6 PM to 7:30 PM; $25/parent; $35/couple.
We are applying for a grant to reduce the cost of this class for Bristol and Farmington residents. Please call to see if fees have been reduced or if scholarships are available.

Classes

Toddler Development and Discipline Series

This 5-week series teaches positive discipline skills. This class is partially funded by a grant from the Fuller & Myrtle Barnes Fund for Education at the Main Street Community Foundation and the Petit Family Foundation. A sliding scale fee and scholarships are available to low-income families.
Tues, Jan. 7 to Feb. 4, 2014–6 PM to 7:30 (or 8) PM
Series Fees: *$20/parent; $205childcare 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. $4/parent; $5/provider
Tuesday, January 7, 2014 –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.
$5/parent; $6/provider
Tuesday, January 14, 2014 –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.
$4/parent; $5/provider
Tuesday, January 21, 2014–6 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.
$4/parent; $5/provider
Tuesday, January 28, 2014–6 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.
$5/parent; $6/provider
Tuesday, February 4, 2014–6 PM to 8 PM

Classes

FAMILY WELLNESS PROGRAM

A Part of Growing Healthy Families: Worth the Weight

The Family Wellness Program promotes family nutrition and healthy physical activity for families with children age 18 or younger. The program includes Nutrition Education, Cooking Matters in the Store, Family Zumba, and Gardening for Health. The class is offered at no charge to low-income families with children. This program is funded by a Community Access to Children's Health (CATCH) grant from the American Academy of Pediatrics and is offered in conjunction with local pediatrician, Dr. Susan Adeyinka. Additional funding is provided by community donations and a grant from Thomaston Savings Bank Foundation.

Expanded Food and Nutrition Education Program

This 4-week program includes hands-on food preparation and food tasting. You will learn about food safety and how to stretch your food dollars, choose the best buys for good nutrition, plan meals and snacks, and make low-cost, nutritious meals that taste good. Each week participants will get to taste free food in class and groceries to take home and try recipes with their family. This class is offered in conjunction with the University of Connecticut Cooperative Extension System. FREE
Thursdays, Nov. 14 to Dec. 12, 2013 (no class the week of Thanksgiving) - 6 PM to 8 PM or
Tuesday, March 18 to April 8, 2014—10 AM to 12 PM

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, a calculator, and handouts and recipes. Registrants must be low-income.
Tuesday, December 10, 2013 – 6 PM to 8 PM at Stop and Shop, Farmington Ave., Bristol or Monday, March 17, 2014 – 6 PM to 8 PM—location to be announced

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 to 9. Parents are also 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. FREE—Low-income families given priority registration
Wednesdays, January 15 – February 5, 2014 or
Wednesdays, March 5 – March 26, 2014;
5:15 PM to 6 PM
Bristol Hospital, Hughes Auditorium, Level A, Brewster Road, Bristol, CT 06010

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. FREE —Low-income families given priority registration
Thursday, May 22 or May 29, 2014 — 6 PM to 8 PM

Vision and Your Child's Development

Vision drives development. Dr. Thaddeus Bartles will discuss how your child (age birth to 5) sees and why good vision is crucial to your child's growth. He will discuss the basic stages of your child's development and the visual skills needed at each stage, focusing on signs that may indicate a problem.
Thurs, Feb. 20, 2013—6 PM to 7:30 PM

Classes

Preschool Development and Discipline Series

This 4-part series focuses on the dynamic of families with children ages 3 to 5 and is partially funded by grants from the Fuller & Myrtle Barnes Fund for Education at the Main Street Community Foundation and the Petit Family Foundation. A sliding scale fee and scholarships are available to low-income families.
Tues, Feb. 25 to Mar. 18, 2014—6 PM to 7:30 (or 8) PM; $17/parent; $21/childcare provider
Classes can be taken individually. See below for fees.

Positive Communication and Discipline for Preschoolers

Topics include preschool development (social and emotional), the child's ability to understand direction, and ways to decrease unwanted behavior. This workshop discusses a variety of discipline techniques. $5/parent; $6/provider; Tuesday, Feb. 25, 2014 –6 PM to 8 PM

Nutrition and Your Preschooler

This class will discuss what to feed your preschooler, what nutrients your child needs, and what portion sizes to serve. Get new ideas for healthy snacks and meals and share ideas for serving picky eaters. You will receive pamphlets and sample healthy snacks. $4/parent; $5/provider Tuesday, March 4, 2014 –6 PM to 7:30 PM

Preparing 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. $5/parent; $6/provider
Tuesday, March 11, 2014 –6 PM to 8 PM

Handling Children's Anger

This workshop will focus 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 his anger. Together we will brainstorm strategies to help your child learn to express anger in more socially appropriate ways.
$5/parent; $6/provider
Tuesday, March 18, 2014 –6 PM to 8 PM

Classes

The classes in this column are partially funded by a grant from the Petit Family Foundation. A sliding scale fee & scholarships are available to low-income families:

Transforming the Difficult Child**

Our 2-part class helps gather insight into the mind of a difficult, spirited child. Learn strategies to break patterns of negative responses, regardless of the child's age or level of severity.
Mondays, Jan. 27 to Feb. 3, 2014—6 PM to 8 PM Fee: $10/parent; $11/childcare provider; FREE for Bristol 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, explaining, punishing, sticker charts, therapy, medication-but to no avail. Based on research by Dr. Ross Greene, a clinician and pioneer in the treatment of kids with social, emotional, and behavioral challenges, 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 working with explosive children to teach these kids the skills they lack.
Mondays, Nov. 18 & 25—6 PM to 8 PM or
Mondays, Feb. 24 & Mar. 3, 2014—6 PM to 8 PM
Fee: $10/parent; $11/childcare provider

Classes

The classes in this column are partially funded by a grant from the Petit Family Foundation. A sliding scale fee & scholarships are available to low-income families:

Support Group for Parents of Children with Challenging Behaviors

Parents of children with ADHD, ODD, Autism, Reactive Attachment Disorder, anger issues, etc. are invited to attend this free group, which 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, Nov. 13, no Dec. meeting, Jan. 8, Feb. 12, Mar. 12, Apr. 9, May 14, Jun 11, Jul. 9, 2014
6 PM to 7:30 PM

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.
Mondays, Mar. 24 & 31, 2014 – 6 PM to 8 PM; $10/parent; $11/childcare 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

*Play and Learn Groups***

Our 6-week Play and Learn Group helps families meet other parents and children under the age of 5 and offers early learning activities to help children develop school readiness skills prior to entering Kindergarten. The program includes story time, craft activities, free play, and creative ideas for preparing your child for Kindergarten. Priority registration is given to Bristol families residing in school districts without a Family Resource Center.
Mondays, Jan. 6 to Feb. 10, 2014–2:30 PM to 3:30 PM
Stafford Elementary School, 212 Louisiana Ave, Bristol
FREE - This program is only open to Bristol families.

Teaching Your Child to Cope with Conflict**

One of the most valuable abilities a person can have is being able to cope effectively with conflict situations, by learning to express needs and wishes appropriately, negotiate fair compromises when there is a disagreement, and use respectful language while making sure that one's needs are met. Conflict management is a learned skill, and children who do manage conflict effectively overwhelmingly get along better with their peers, are less likely to be involved in bullying, and often are considered natural leaders by teachers and other students. This class is directed toward parents of preschool and school-age children. Tues, Feb. 11, 2014–6 PM to 8 PM
West Bristol School, 500 Clark Avenue, Bristol
Free to Bristol families; Others-$20/parent; $22/provider

Kids Cook**

Parents and kids 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. Nutritional guidelines and information on healthy portion sizes will be included. Recommended for ages 6+. Please bring a mixing bowl and mixing utensil (eg large spoon or spatula) to class.
Thursday, Mar. 13-6 PM to 7:30 PM at Greene-Hills School, 718 Pine Street, Bristol.
Monday, April 7—6 PM to 7:30 PM at West Bristol School, 500 Clark Avenue, Bristol.

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? If so, join Bristol Hospital food and nutrition experts for this new series. Learn how to use fiber-rich grains, enjoy enticing fruit and vegetable recipes and 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 balancing your personal plate based on your health goals. Classes can be taken individually or as a discounted series.
January 16 – February 6, 2014—6 PM to 7:30 PM
$10 per class or $35 for the series.

Great Grains

Tired of pasta and white rice? Come 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.
January 16, 2014; One-night class: $10/person

Fun with Fruits & Vegetables

Not getting your five a day?! We'll teach you easy ways to incorporate fruits and vegetables into your day. Obtain easy and tasty recipes and sample fruit and vegetable based dishes for everyday use.
January 23, 2014; One-night class: $10/person

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. January 30, 2014; One-night class: $10/person

Your Personal Plate

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. Work with our nutrition professionals to build your personal plate using this great resource. February 6, 2014; One-night class: $10/person

Classes

Healthy Family Nutrition - Time and Budget Friendly Snack and Meal Ideas**

In this one-night workshop, you will learn about food safety and how to stretch your food dollars, choose the best buys for good nutrition, plan meals and snacks, and make low-cost, nutritious meals that taste good. The class will discuss how to select vitamin-rich foods "for more bang for the buck" in terms of calories and nutritional content. Discussions will include using a slow cooker to cut prep time and tenderize less-costly cuts of meat, incorporating more fruits and veggies into your diet, and partially preparing meals in advance to reduce last-minute cooking time required at the end of your busy day. The facilitator will also discuss portion sizes based upon the age of participants' children, how to deal with picky eaters, and other mealtime challenges that parents and childcare workers deal with on a daily basis. Sample family-friendly recipes will be included, including some vegetarian options. Participants will get to sample several recipes the night of class.
Mon, May 5, 2014—6 PM to 8 PM
Free for Bristol families; Others:$20/parent, $22/childcare 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

I Can Do It Myself!: Fostering Independence and Self-Help Skills in Toddlers & Preschoolers**

Toddler's developing brains are "wired" for independence- "NO, mine, and I do it!!" are their favorite words. And when children enroll in preschool, they are expected to be able to do many things independently- which often proves to be a real challenge if they haven't been learning self-help skills at home. This workshop will focus on the types of tasks that young children are developmentally ready to learn at each age; what kind of household chores are appropriate for young children (even two-year olds!), and ways to simplify teaching of personal care skills (like putting on shoes, getting dressed, washing, etc) to allow children to master them independently. Mon, Apr. 28, 2014—6 PM to 7:30 PM
Free for Bristol families; Others - $15/parent, $17/provider

A Community Conversation "Looking for Answers Together: How Should We Nurture Children to be Healthy and Make Better Choices"

Community *Conversations* are a valuable tool for a community to rediscover their common ground, disagreements, questions, concerns and next steps. Community Conversations bring together approximately 100 diverse community members. An opening plenary session introduces the topic and sets the stage for discussion. Participants break out into small discussion groups led by trained moderators. Together participants examine issues affecting children, youth, and families. The structure allows all participants to contribute to a constructive dialogue and for diverse experiences and perspectives to be shared in an open, safe environment. Trained recorders capture the essence of the conversation on flip chart notes. Findings from the Conversation are used to continue the work in various ways. There will be a light supper at 5:30pm followed by discussion/conversation.
Wed, Apr. 9, 2014–6 PM to 8 PM at Bristol Senior Center, 240 Stafford Avenue, Bristol
FREE; dinner, childcare and Spanish translation available; To register and to request childcare and/or translation services, call Celia at (860) 585-3829 or send an e-mail to makingbristolbetter@live.com.