

Parenting Programs

Playgroups



"Strong Communities, One Family at a Time"

January - June, 2012

Springfield Area Parent Child Center

6 Main Street

North Springfield, VT 05150

802-886-5242

www.sapcc-vt.org



Springfield Area Parent Child Center (SAPCC)

The Springfield Area Parent Child Center was incorporated in 1992 offering parenting support and services to families with young children. The SAPCC is one of sixteen community based Parent Child Centers in Vermont serving families. We are a not-for-profit organization governed by a volunteer board of directors and believe that healthy families are the cornerstone of our community. Donations are tax deductible and always appreciated!

Stop In and Visit Us

www.sapcc-vt.org

Come and visit us at 6 Main Street in North Springfield. Our hours of operation are from 8:30 - 3:30 pm; other times at your convenience by appointment. Talk with our friendly staff; check out our playgroups, parenting classes, lending library, and Myrtle's Closet- a Thrift Store. Raising a child is probably the most gratifying job any of us will ever have and one of the toughest. We are here to support families, parents, caregivers, and community members of all means and needs. We will help your family to provide a stable, healthy environment for your children. Our mission is 'Strong Communities, One Family at a Time'.

Parenting Programs

We are offering a variety of topics that would be of interest to parents, grandparents, providers and the general public. Registration is a must as we reserve the right to cancel trainings with low enrollments. Childcare is offered on most of our parent programs. Unless otherwise stated, classes are held at the Parent Child Center, 6 Main Street, North Springfield.

Registration Information

Registration is **required** for all of the programs. There are three ways to register: www.sapcc-vt.org, click on classes and workshops; call (802) 886-5242; stop in at 6 Main Street, North Springfield to register. Register early, as space is limited. Most programs are free and everyone is welcome to attend. If you are unable to attend a session for which you have reserved a spot, please call the Parent Child Center so that we may enroll someone else from the waiting list.

****All classes/trainings are subject to change as additions/deletions are made.**



JANUARY - FEBRUARY, 2012

Registration is required for all classes. Please call 886-5242 to register.

Thursdays, Jan. 12 - Feb. 23, 2012

Positive Discipline: The First Three Years

6:00 - 7:30 pm

SAPCC

Ever wonder how to teach boundaries to your toddler? How to help your child grow in the most loving and effective way possible? Learn how to recognize when your child is ready to master the challenges of sleeping, eating, and potty training, and avoid the power struggles that so often come with those lessons. Join others in this six-week discussion group focused on raising young children. Childcare available upon request.

Tuesday, February 28, 2012

Body Language: A Movement Vocabulary for Young Children

6:30 - 8:30 PM

SAPCC

Parents and early educators will learn how to plan and facilitate movement vocabulary that can support children in achieving movement milestones. It will enhance knowledge of teaching cues to engage children in a variety of movements as well as applying the term "tell your muscles what to do" which practices to support children in achieving muscle control. The training will also cover strategies to support children learning their body's relational awareness to itself, other bodies and objects.

Area of Knowledge - Physical and Intellectual Development
CDA Subject Areas: 1,2,3

MARCH

Tuesday, March 13, 2012

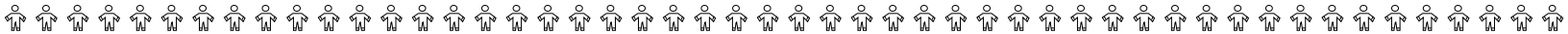
Moderate to Vigorous Physical Activity (MVPA) - Everyday!

6:30 - 8:30 PM

SAPCC

This session talks about the importance of physical activity and how to incorporate movement activities with children to achieve 60 minutes of structured moderate to vigorous physical activity everyday! Activities and ideas will be shared that can be replicated with preschool aged children.

Area of Knowledge - Physical and Intellectual Development CDA Subject Areas: 1, 2



MARCH

Thursdays, March 15 - April 19, 2012

How to Talk So Kids Will Listen and Listen So Kids Will Talk

6:00 - 7:30 pm

SAPCC

A parenting support group. Discussion will be on supporting yourself and using a respectful approach that will help with relationships with children of all ages. Your life will be less stressful and more rewarding and the fighting will stop. Childcare provided upon request—call to register.

Tuesday, March 27, 2012

Moving With the Brain in Mind

6:30 - 8:30 PM

SAPCC

Young children move in a variety of ways to explore and gain knowledge about their bodies and their surrounding environment. Movement and physical activity are critical to the development of the brain and cognitive skills. In this training, learn the connection between movement and brain development as well as strategies to enhance children's movement to support ongoing development and school readiness.

Area of Knowledge : Physical and Intellectual Development
CDA Subject Areas # 2,7 and 8

APRIL

Tuesday, April 10, 2012

Nutrition Building Blocks

6:30 - 8:30 PM

SAPCC

This session will discuss research-based information to guide adults in learning new strategies for improving the quality of physical activity and healthy nutrition choices for children using the IMIL model. We will learn the impact of healthy nutrition on other learning areas, how to become more nutritionally aware and what our responsibilities are as role models for the children in our care. We will also discuss the effects of nutrition on brain development. Along with learning how to be choosy while shopping and eating, we will also learn how to embed more intentional physical activity in our children's day - we will be moving!

CDA Subject Areas: 1,2



APRIL

Saturday, April 21, 2012

Week of the Young Child Family Festival

9:30 - 12:00pm

Riverside Middle School, Springfield

Sponsored by The Springfield Area Parent Child Center, this fair is a favorite among our community. This popular fair is free to all families in the area and includes games, face painting, necklace making, art activities and more. The Scholastic Book Fair will be offering a buy one, get one free deal. There will be no fundraising or profit made from the festival. The festival has proven to be a wonderful opportunity to celebrate our children and honor our families for the important job they do

Thursdays, April 26 - May 31, 2012

Parenting for Prevention

6:00 - 7:30 pm

SAPCC

Parenting for Prevention is a guide for parents/childcare providers on how to empower children to be responsible for their choices and give them the skills they need to act sensibly so they'll be safe, secure, and succeed in life. Learn how to help children make healthy choices that ensure their well being at every stage of their lives. Childcare provided upon request—call to register.

MAY - JUNE

Mondays, May 7 - June 18, 2012

Positive Discipline for Preschoolers

6:00 - 7:30 pm

Parks Place

Bellows Falls

Life with an active child can be very demanding. No matter how much you love the child, there will be moments filled with frustration and anger. Positive Discipline provides basic principles that will bring children and adults closer together. Join others in the discussion of living and raising preschoolers. Childcare provided upon request—call to register.



MAY - JUNE

Wednesdays, May 16 and 23, 2012

Never Too Early, Part 1 of 2

6:30 - 8:30 pm

SAPCC

Join us for this **two-part** training that offers an introduction to reading and sharing books and conversation with children. Take a journey into the world of children's literature in this lively, interactive workshop and learn the importance and joy of sharing picture books and stories with even the youngest children. Learn ways to create a literacy-rich environment, and have an opportunity to share practical ideas with others. Discover ways for making books come alive through animated readings, rhymes, and extension activities that encourage language development and communication. Take home ideas you can put to use immediately in your program, along with a free set of gift books.

Areas of Knowledge - Curriculum and Learning
CDA Subject Areas: 2,3

Wednesdays, May 30 and June 6

Advanced Never Too Early, Part 2 of 2

6:30 - 8:30 PM

SAPCC

This early literacy training is open to parents/ providers who have previously completed a two-part Never Too Early/Early Birds and Bookworms series; priority is given to participants from prior program years. It offers an opportunity to deepen knowledge of early literacy gained from previous trainings as well as from experience. The Advanced NTE training will focus on socio-emotional development: building on the NTE foundation, parents/providers will learn how to use children's literature to nurture empathy, compassion, cooperative play, and effective communication - emotional literacy - as they nurture early literacy. Participants will receive gift books for their program.

Area of Knowledge - Curriculum and Learning
CDA Subject Areas: 2,3,4





(Free and open to the public)

Playgroups offer parents an opportunity to meet with other parents on a social basis. Children are given the opportunity to interact with peers in a positive, playful manner. We invite you to meet new friends and have a good time at a community playgroup near you. Playgroups are most often shared experiences among parents of young children. For ages 0-5 unless otherwise indicated.

Bellows Falls: Creative Movement Activities and Playtime; Wednesdays, 9:30-11:00 am at Falls Baptist Church on the corner of School and Church Street. Contact Tracy Binet-Perrin at 603-762-5069 or tbinet@wnesu.net for more information.

Bellows Falls: Stories, Crafts, & Playtime; Tuesdays, 10:30-11:30 am at Rockingham Free Public Library. Contact Samantha Maskell at 463-4270 for more information.

Grafton: First & fourth Thursdays, 10:00 - 11:30 held at Grafton Elementary School gym. Children will be able to run around, use their bodies and make new friends. Contact Tracy Binet-Perrin at 603-762-5069 with questions. Follows school calendar.

Springfield: Fridays, 9:00 - 10:30 am. Creative movement activities and playgroup held in the gym at Springfield Community Center on Main Street in Springfield. All parents with young children welcome.

North Springfield: Playgroups held on Mondays & Tuesdays, 10:00 - 11:30 am at the Springfield Area Parent Child Center, North Springfield. Contact SAPCC for more information.

Windsor/Hartland: Fridays, 9:00-11:00 am at the EEE Room, Hartland Elementary School, 97 Martinsville Rd, Hartland. Contact Jan Crow at 802-436-2755 for more information. School calendar only.

Westminster Center School: Mondays, 9:00 - 10:15 am in the gym. Open to children birth-five years old. Come play, run around and meet new friends. For more information, contact Tracy Binet-Perrin at 603-762-5069 or tbinet@wnesu.net. School calendar only.

"STRONG COMMUNITIES, ONE FAMILY AT A TIME"

12/2011

