



NEWSLETTER

Helping parents connect.

Summer/Fall 2007

Upcoming PAT EVENTS

Community Events

PAT OFFICES:

Lethbridge
320-5983

Palliser
382-7973

Livingstone
Range
308-8181

Horizon
308-4409

Westwind
382-7713

Remember to check out
our Parents as Teachers
website at:
www.southregionpat.ca

Rhymes Around the World-

For ESL parents * enjoy
rhymes, songs,
conversation, and snacks
* first Thursday of every
month * starting Sept.6 *
1:30 to 3:30 * at Family
Centre

Call Tammy @320-5983 for info

Literacy & Parenting Skills For ESL families

*Every Tuesday at the
Family Centre
Oct. 9 to Nov.27
9:00 to 11:30 A.M.
Designed for ESL
families, parenting topics
will be discussed in
addition to a parent/child
story and rhyme time.
Free childcare provided.
Call Heather @ 320-5983
to register*

Alberta Prairie
Classroom on Wheels (C.O.W.)



"Home-grown Literacy"

Parents as Teachers, in partnership with the Family Centre will be hosting the Alberta Prairie C.O.W. Bus (Classroom on Wheels) on **Wed., Nov. 7** in the afternoon. This classroom on wheels, painted like a Holstein cow, is 38 feet long and set up like a mini classroom. The fun-filled bus travels throughout Alberta promoting family literacy to parents with children under six years of age. You won't want to miss this exciting visit. Watch for more information from your Parent Educator in the coming months.

Family Centre
Check the Activity
Calendar at
www.famcentre.ca

Parent Educator Book Reviews

For children:

It's Hard To Be Five
(Learning How to Work My Control
Panel)

By: Jamie Lee Curtis & Laura Cornell

The delightful text and the playful illustrations of this book help to make the struggles of self-control a little bit easier and a lot more fun! This book is a must for all four and five year olds about to enter kindergarten this Fall.



For parents:

Parenting—The Long Journey

By: Joe Rich

Covering all ages and developmental stages the author takes you on a “parenting road trip”, offering advice on:
*smoothing the toddler bumps
*easing into the adolescent corners
*finding the teenage emergency exits.
Using humour and real-life examples the author emphasizes, “parents are already experts,” who need to “aim for better, not for perfect”. This book will encourage you on your parenting journey, no matter what age your child (or children) may be.

Try This...



Incomparable Chompable
Cheese People

It's easy. It's cheesy. It's lots of fun!

4 pieces of bread

2 cheese slices

Butter or margarine, softened

Prep: 5min. Cook: 5min. (2 servings)

1. Lightly butter one side of each piece of bread.
2. Place two of the slices, butter side down on a plate or cutting board. Place the cheese in the middle of the bread. Place the other two slices, butter side up, on top of the cheese.
3. Using a gingerbread cookie cutter, cut the shapes out of the centre of the bread.
4. Heat a skillet on medium heat.
5. Place the cheese people in the skillet and grill each side until golden brown.

Serve with soup or a small salad.

Tip: Add shredded ham or chicken. Experiment with different shapes of cookie cutters.

All children will learn, grow and realize their full potential.