



NEWSLETTER

Helping parents connect.

Fall/Winter 2007

Upcoming PAT 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

Infant Massage The Power of Touch

Parents as Teachers will be Offering free Infant Massage classes. If you have a child 0-12 months of age, and want to interact and bond with your baby contact us to sign-up for the next class. Each class is run with 5-7 families and is a warm, quiet environment. Rhymes are introduced at the end of the class to promote language and early literacy. Benefits of the program are stimulation of the nervous system, pain relief for teething, colic, congestion, healthy sleep habits and bonding between adult and child. For more information please call your Parent Educator

Community

Events

.Rhymes Around the World-
or 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 @for info320-
5983

REMEMBER:

Parents as Teachers, in
partnership with the Family
Centre will be hosting the
Alberta Prairie C.O.W. Bus
(Classroom Wheels) on
Wed., Nov. 7 in the
afternoon.

Community Kitchen

Big Chef/Little Chef
This is a fun time for
Parents and children,
ages 3 to 6, to come
together to learn how to
make simple healthy
recipes and drinks.
At 1116-3 Ave North
For more information
please call 320-8138

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

Parent Educator Book Reviews

For children:

The Kissing Hand

By: Audrey Penn

This wonderful book is about a racoon who doesn't want to leave his mother and go to school. His mother shares a secret with him called the "the kissing hand" by kissing the palm of his hand. She explains to him that when he gets lonely at school he can press his palm against his cheeks to feel his mother's love is with him. He also shares with his mother the kissing hand. This is a great comforting story to read to children of all ages.



For parents:

If I Had my Child to Raise Over Again

By: Diane Loomans

If I had my child to raise over again
I'd build self-esteem first and the house later
I'd finger paint more and point the finger less
I would do less correcting and more connecting
I'd take my eyes off my watch and watch with
my eyes
I would care to know less and know more to care
more
I'd take more hikes and fly more kites
I'd stop playing serious and seriously play
I would run through more fields and gaze at
more stars
I'd do more hugging and less tugging
I'd see the oak tree in the acron more often
I would be firm less often and affirm much more
I'd model less about the love of of power
And more the power of love

Try This...

Craft Idea

BALLOON PLANTS

This is a great activity for children enjoy making them and watching them grow. This activity must be supervised by an adult. All balloons must be stored out of children's reach in order to avoid choking.

Supplies

- 4 balloons(clear)
- 2 cups of potting soil
- A funnel
- A measuring cup
- 1 cup of water
- 1 package of radish seeds

Directions

During this activity do not turn the balloon over. Hold the balloon firmly at the neck and insert a funnel into the neck of the balloon using the funnel, pour $\frac{1}{2}$ cup of soil into the balloon followed by $\frac{1}{4}$ cup of water. Be sure the soil in the balloon is wet and not soggy. Using the funnel, drop radish seeds into the balloon. Remove the funnel from the balloon. Carefully blow air into the balloon and do not let it tip. Tie a knot in the neck of the balloon. Place near a window.

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