



NEWSLETTER

Helping parents connect.

February 2007

PAT EVENTS

COMMUNITY EVENTS

The Parents as Teachers website is up and running at: www.southregionpat.ca

Rhymes Around the World

For ESL parents - enjoy rhymes, songs, conversation and snacks. First Thursday of every month March until June 1:30 to 3:30 at Family Centre. Call Tammy @ 320-5983 for information.

POTTY TRAINING KITS

Did you know that your parent educator has a potty training kit in her office that you can borrow? It comes complete with doll, potty and samples of training pants as well as some helpful articles to get you and your child started with this sometimes challenging process.

PAT OFFICES:

Lethbridge
320-5983

Palliser
382-7973

**Livingstone
Range**
308-8181

Horizon
308-4409

Westwind
382-7713

Ages and Stages Preschool Screening

Contact your parent educator for dates, times and locations.

Thinking about a trip to Calgary in the coming months? **The Creative Kids Museum** "provides a space for toddlers to teens and their families to have a positive artistic experience where hands-on discovery enhances creativity and learning." Space for dramatic activities, musical experiences and messy play. Check out the website at: www.creativekidsmuseum.com It is right next door to the Telus World of Science.

NEW RHYME TIME

Friday afternoons at the Community Kitchen (Interfaith Food Bank: 1116 3Ave.N in Lethbridge). Feb 15 to March 30 & April 6 to May 25. Call Jessica at 320-8138 for more information.

Toilet Learning

Tuesday, May 8 at Family Centre in Lethbridge
10:00 to 11:30 AM

Childcare provided
Please pre-register by
calling 320-5983

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

Parent Educator Book Reviews



For children:

Loving

by Ann Morris

The beautiful photographs in this book illustrate all kinds of families from all parts of the world. Your parent educator has a copy. Other books by the same author include: *Tools, On the go, Shoes, Shoes, Shoes, Hats, Bread, bread, bread.* All available in paperback for approx.\$7.99 On-line from Chapters.



For parents:

The Explosive Child

by Ross W. Greene

The title of this book is somewhat misleading. These children tend to be inflexible and easily frustrated when they encounter difficulties in life. As the author indicates it is impossible to try and reason with them during what he refers to as the “melt-down” and using time out or other consequences is not effective either as the next time this frustration occurs they can’t remember the consequences of the last episode. He suggests that solutions need to be front-end loaded i.e. teach them the coping skills they’ll need before they run into problems. I really appreciated his statement, “**Children do well if they can.**” As parents and adults it is our role to teach them the coping, problem-solving and communication skills they’ll need for the rest of their lives.

Available in our resource library.

Try This...

HELLO

Hola is hello in Spanish

Salam in Arabic

It is **Jambo** in Swahili

Hello is **Bonjour** in French!

Privyet is how Russians say hello

Namaste in Hindi

Bongiorno is hello in Italian

Sawatdee in Thai!

Ni Hao in Chinese!

Winter Fun

Outdoor Painting: Fill up empty dish detergent bottles or spray bottles with a mixture of water and a little food colouring. Let your artists go to work on the nearest snow bank.

No snow? Fill a variety of empty containers (milk cartons, yogurt containers etc. with water and a little food colouring). Freeze them then take them outside for some block play.

How about a winter picnic?

Dessert Nachos

You’ll need:

- 6 to 8 graham crackers
- ½ cup flavoured yogurt
- Bite-sized fruit

1. Spread crackers on plate
2. Spoon yogurt into centre.
3. top with fruit.
4. Use graham crackers for dipping.

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