



NEWSLETTER

Helping parents connect.

March 2010

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

Community Events



Grow Along With Me: Child Development Checkups

The Grow Along With Me Project partners invite all parents with children between 2 and 5 years of age to learn more about their child's development and the community resources and programs available. Register with one of the locations listed below.

Benefits to participation:

- * you will be able to view your child's development in the areas of communication, fine motor, gross motor, problem-solving and personal social
- * you will learn what is expected to happen next in your child's development
- * you will learn about activities you can share with your child
- * early identification of developmental delays can be addressed
(PAT parent handout, Your Child's Screening)

Date	Location	Registration
March 5	Picture Butte	1-866-345-8800
March 9	Iron Springs	430-738-4522
March 11	Vauxhall	403-654-2422
March 17	Taber	403-223-4403 ext 239
March 18	Taber	403-223-4403 ext 239
March 18	Lethbridge	403-320-3022
March 19	Lethbridge	403-320-3022
March 19	Coalhurst	403-320-1931
March 20	Lethbridge	403-320-3022
March 24	Fort Macleod	403-553-3362
March 25	Coaldale	403-345-6577
March 26	Coaldale	403-345-6577
March 30	Granum	403-687-3734
March 31	Nobleford	403-824-3488

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



Sleepless in America By Mary Sheedy Kurcinka

Does your child

- Refuse to cooperate in the morning?
- Get into trouble for not listening?
- “Lose it” over seemingly insignificant issues?
- Seem to resist sleep?

If you answer yes to any of these questions, *Sleepless in America* can help. Mary Sheedy Kurcinka provides practical strategies to help your family get the sleep it deserves. She uses a new approach to managing challenging behaviours by integrating research on stress, sleep and temperament with practical strategies and a five-step approach to help children get the sleep they need.

Mary says that a good night’s sleep begins in the morning. It is time to set the body clock. For this and other strategies such as ending the bedtime battles, customizing the bedtime routine, naps and siesta time: eliminating the late-afternoon meltdowns, check out Mary’s book.

Check it out...

Sleep Resources for Parents
(Available from your Parent Educator)

Sleepless in America by Mary Sheedy Kurcinka
The No-Cry Sleep Solution for Babies by Elizabeth Pantley
The No-Cry Sleep Solution for Toddlers by Elizabeth Pantley

Visit www.pantley.com for quick tips

PAT OFFICES:

Lethbridge 320-5983 **Palliser** 382-7973 **Livingstone Range** 308-8181 **Horizon** 308-1538

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

Twinkle, Twinkle

Twinkle, twinkle little star.
How I wonder what you are.
Up above the world so high.
Like a diamond in the sky.
Twinkle, twinkle little star.
How I wonder what you are.

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