Parent Opportunities

Parent Meetings
We want to hear from you! We need parent input to help make our program the best that it can be. Each classroom will be holding a Parent Meeting for the parents in our program. We want your ideas on what will make our program better, concerns you may have, and also the things you really like about our program.

Workshop Descriptions

READY! For Kindergarten - Birth to Age 5
This curriculum is focused on skills that a child needs before they start kindergarten. Parents will receive a bag of materials to use as they work with their child on language and literacy, math and social/emotional skills. The activities encourage movement, play, exploring, and communicating. Pick Up or Drop off will be arranged.
Join Zoom Meeting: https://zoom.us/j/92523236546?pwd=aCtDaEVJSU1tL1dQ3SBIldpSmU0UT09
Meeting ID: 925 2323 6546 Passcode: nd00BE

Love and Logic
The Love and Logic approach to parenting is built around crafting caring and respectful relationships. Loving connection between parents and their children is the root of a healthy, thriving relationship built on trust and understanding. The program strategies and techniques will help you create calm and loving solutions.
Through this program, you will learn techniques that:
* Teach responsibility and character * Lower your stress level * Have immediate and positive effects
Join Zoom Meeting: https://zoom.us/j/99307081927?pwd=ZnhMSGtmcEZVRDJFb05wUUJXd2w4dz09
Meeting ID: 993 0708 1927 Passcode: A8r3Fy

24/7 Dads
Fathers and very important males play a big role in helping children develop! This program will help strengthen that role. Topics include anger management, becoming a Nurturing father, Values, What it means to be a man, showing and handling feelings All dads, grandfathers, uncles, and other very important males are welcome. This is an 4week interactive class.
Join Zoom Meeting: https://zoom.us/j/93911732515?pwd=WTRqdXA4c1lzQ0lGdlp4MVpvVmFZUT09
Meeting ID: 939 1173 2515 Passcode: KV5WdV

Sweet Dreamzzz!
Getting enough sleep is very important for young children. Do you know how much sleep your child needs? Do you need ideas of how to get your child to sleep at night? Attend this workshop to learn more about how important sleep is and tips for a peaceful bedtime!
Join Zoom Meeting: https://zoom.us/j/97102615870?pwd=RmJuNmJLQnN2ZExDQTBaTlhaQ1hGdz09
Meeting ID: 971 0261 5870 Passcode: Lw68dz

A Bedtime Story
Cuddling with your parents, grandparents, or siblings to listen and interact with a story before happily drifting off to sleep. Children need a good night's sleep to help them learn and grow. This restful, rhyming storybook features adorable animals, children will love, and tips for parents and caregivers to make getting ready for bed easy an enjoyable for everyone. Head Start children that attend will receive the story, “Sweet Dreams Ahead Time for Bed”.
Join Zoom Meeting: https://zoom.us/j/99378533122?pwd=WHVzUnBadFE0NXhNWljZpWWJTK0FMZz09
Meeting ID: 993 7853 3122 Passcode: ZW9kpG

To enroll for the trainings or for more information, please call Sharon Rogers, Derrick Gilliam, Lisa Delgado or Katy VanSchoten at (517) 999-2730.
<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>24/7 Dad 5:30-6:30pm</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
</tbody>
</table>
| 7      | 8 24/7 Dad 5:30-6:30 pm | 9  READY! for Kindergarten 10:00-10:45 am  
Sweet Dreamzzz 11:00-11:30 am  
Love and Logic #2 2:00-3:30 pm & 6:30-8:00 pm | 10  Love &Logic #2 10:00-10:30 am  
READY! for Kindergarten 11:00-11:45 am  
Sweet Dreamzzz 2:00-2:30 pm  
24/7 Dad 10:00-11:00 am  
Yoga 3:30-4:00 pm and 4:30-5:00 pm | 11  Agency Closed  
Grow with Google, Digital Skills 8:30 am | 12 | 13 |
| 14     | 15 24/7 Dad 5:30-6:30 pm | 19  READY! for Kindergarten 10:00-10:45 am  
Sweet Dreamzzz 11:00-11:30 am  
Love and Logic #3 2:00-3:30 pm & 6:30-8:00 pm | 20  Love &Logic #3 10:00-11:30 am  
READY! for Kindergarten 11:00-11:45 am  
Sweet Dreamzzz 2:00-2:30 pm  
24/7 Dad 10:00-11:00 am  
Yoga 3:30-4:00 pm and 4:30-5:00 pm | 21  Love &Logic #3 11:00am-12:30pm  
Sweet Dreamzzz 10:00-10:30 am  
READY! For Kindergarten 2:00-2:45 pm | 19  Policy Council 9:00 am-12:00 pm | 20 |
| 21     | 22 24/7 Dad 5:30-6:30 pm  
Bedtime Story 6:30-7:00pm | 23  READY! for Kindergarten 10:00-10:45 am  
Sweet Dreamzzz 11:00-11:30 am  
Love and Logic #3 2:00-3:30 pm & 6:30-8:00 pm | 24  Make-up missed class (517-999-2730)  
24/7 Dads 10:00-11:00 am  
Love and Logic #4 10:00-11:30 am | 25  Agency Closed | 26  Agency Closed | 27 |
| 28     | 29 24/7 Dad 5:30-6:30 pm | 30  READY! for Kindergarten 10:00-10:45 am  
Sweet Dreamzzz 11:00-11:30 am  
Love and Logic #1 2:00-3:30 pm & 6:30-8:00 pm |   |   |   |