



PROJECTenlightenment

PARENT WORKSHOPS 2023 - 2024

Welcome to a new year of parent workshops offered by Project Enlightenment. Project Enlightenment is an excellent resource for those that have or work with young children birth through age five.

Project Enlightenment is a comprehensive early childhood education and early prevention program through the Office of Early Learning of the Wake County Public School System. We provide parents, teachers and caregivers with the knowledge and skills to help young children (birth through age 5) be successful in school and in life.

For over 50 years, Project Enlightenment has offered a variety of workshops, resources, prevention, consultation and education services to the people of Wake County. See our listing of available programs and services that follows.

Project Enlightenment Programs & Services

The Alice K. Burrows

Parent Teacher Resource Center (PTRC)- The PTRC contains a variety of resources, equipment, and materials for Wake County residents including parents and teachers of young children birth through age 5. Resources include a lending library and video collection of over 10,000 items and a Production Area for creating learning materials to use with young children. The specialized collection includes books on a variety of topics including child development, parenting and teaching techniques. Email ptrc@wcpss.net or call for more information. **919.694.8990**

Teacher Parent Consultation- Teacher Parent Consultants (TPCs) address classroom difficulties with behavior, social development and learning for children enrolled in preschools and child care facilities in Wake County. Requests for consultation are made by directors/teachers. **919.856.7774**

Developmental Screenings- Screening services are available when concerns arise about a child's development. A screening consists of engaging activities for children that provide information for the parents on how their child is developing. Parents observe and also participate in the screening. Parents can make a screening appointment by calling **919.694.8993**

Demonstration Preschool Classrooms- Project Enlightenment offers two innovative preschool classrooms for four-year-olds, the Demonstration Preschool (DPS) classroom and the Blended Classroom (BC). The Blended Classroom (BC), combines NC Pre-K, Title 1 Pre-K and special education pre-kindergarten. As a full-day program, it emphasizes research-based early literacy practices in an inclusive environment. The Demonstration Preschool (DPS) classroom is an inclusive half-day pre-kindergarten classroom. It serves both children with developmental concerns and typically developing children. **919.856.7774**

Parents as Teachers Program- Parents as Teachers (PAT) is an internationally acclaimed, evidence-based parenting education program for families with children birth through age five. Parent Educators help families understand child development and encourage their children to become enthusiastic learners. Home visiting, group connections, screening, and referral are all part of the program. Parents as Teachers is available on a referral basis to families who meet grant guidelines. **919.856.7774**

Ready to Learn Centers- Project Enlightenment's Ready to Learn Centers (RTL) offer developmentally appropriate learning activities for children 18 months to 5 years of age and their families within Wake County. Parents and children attend together and activities are designed to provide parents with information to be used at home to promote continued development. Services are offered in-person and occur at select elementary schools in Wake County. Most RTL services operate on a traditional school year calendar and are closed during the summer months. Email rtl@wcpss.net or call for more information. **919.856.7774**

Parent Counseling- Project Enlightenment offers short-term counseling at no cost for parents with concerns about child behavior or development that may impact school success. Services are available for families of young children birth through age 5. **919.694.8991**

Parent Workshops- Project Enlightenment offers classes on topics related to parenting young children. Classes are held from September to May of each year. Visit our website at wcpss.net/projectenlightenment to download a brochure, get more information or to register online. **919.856.7774**

Transition to Kindergarten (T2K) Workshops- T2K workshops are offered free of charge to parents who are interested in gaining information and resources to support their child's transition to kindergarten. Workshops are scheduled for the 2023-2024 traditional school calendar from September through May. For more information, contact Cam Ellis at cellis@wcpss.net.

Facebook Page- "Like" our page on Facebook for updates on our services and tidbits of information that are relevant to young children.

Project Enlightenment Website- Check out our website for updates on our services, Wake County Public Schools information and other information that is relevant to young children, families and educators.

wcpss.net/projectenlightenment



Project Enlightenment is here to help you help young children succeed at home, at school and in life.

Parent Workshops 2023 - 2024

WORKSHOP FACTS & INFORMATION

INTENDED AUDIENCE

All workshops, virtual and in-person, are intended for parents of young children, three- to five-years of age. Workshops for parents of toddlers one- to three-years of age will also be offered. Workshops are scheduled for the 2023-2024 traditional school calendar from September through May. Most workshops are one and a half hours in length however, it is requested that participants log-in at least 15 minutes prior to the start of the workshop to ensure connectivity.

~ **Virtual Workshops:** All virtual workshops will occur on the Google Meet platform. Per WCPSS policy, workshops may not be recorded for later viewing and may not be recorded by participants.

~ **In-Person Workshops:** In-person workshops will be held at Project Enlightenment unless otherwise noted.

PERSONAL CONTACT INFORMATION

Personal information provided for registration purposes, including phone numbers, mailing address and email addresses are for Project Enlightenment use only and will not be shared with anyone outside of Project Enlightenment. Phone numbers are used to contact participants in the event a workshop is cancelled. Email addresses are used for workshop confirmations, communications from the workshop instructors, and for periodic informational emails. To be removed from any Project Enlightenment mailing lists, contact Teresa Veno at peworkshops@wcpss.net.

INCLEMENT WEATHER POLICY

Inclement weather will not affect any virtual workshops- they will occur regardless of school cancellations or closings. Timely communication will be provided regarding cancellation or rescheduling of any workshops affected by inclement weather.

CHILD CARE

Child care is NOT provided. Please make other arrangements for your children when attending in-person workshops.

CANCELLATIONS

Project Enlightenment maintains a no refund policy unless a workshop or series is cancelled by Project Enlightenment. Low enrollment may cause a class to be cancelled. In that event, we will alert participants one week prior to class that enrollment is low and may be cancelled. If a workshop or series is cancelled, we will notify you of any cancellations three days before the class starts.

QUESTIONS?

Please contact Teresa Veno via email at peworkshops@wcpss.net or call 919.856.7774 x 27025.

WEBSITE

To learn more about workshop offerings, visit our website at wcpss.net/projectenlightenment.

FREE Transition to Kindergarten Workshops Offered!

Transition to Kindergarten (T2K) Workshops are offered free of charge to parents who are interested in gaining information and resources that will be useful in supporting their child's transition to kindergarten. Workshops are scheduled for the 2023-2024 traditional school calendar from September through May. Some workshops will occur in-person while others will occur virtually through Google Meet. See more details contained in the workshop listings.

Contacts & Resources

- For additional information regarding T2K workshop content, contact **Cam Ellis**, at cellis@wcpss.net
- For information regarding registration, contact **Teresa Veno** at peworkshops@wcpss.net
- For general information about workshops at Project Enlightenment visit peworkshops.wcpss.net

Special Note: The enclosed handout Kindergarten Tip Sheet, contained in the back of the booklet, can be removed and referenced to help prepare you and your child for kindergarten. Please feel free to make copies and share with other families that have young children going into Kindergarten.

Parent Workshops 2023 - 2024

~ SPECIAL NOTE ~

Project Enlightenment is offering both virtual and in-person workshop sessions. Please read each workshop description carefully so you will know the age range and type of session that is being offered. Please note that PT2K indicates a workshop specific to kindergarten preparation. Virtual workshops will happen in real time and per WCPSS policy cannot be recorded for later viewing.

↔ Hands-On Kindergarten Readiness at Home- 1st Fall Offering (Dates, Time & Locations To Be Determined)

This workshop will be offered four times throughout the year- two in the Fall and two in the Spring. Parents will have the opportunity, with their child, to attend a play-based workshop full of ideas and activities to do at home as they prepare for kindergarten. Parents will learn about Pre-K and Kindergarten alignment and become more comfortable with their role in promoting, encouraging and supporting their child's learning. Children will receive fun, engaging, hands-on activities designed specifically to use in preparation for Kindergarten. For parents of pre-k students.

Note: Final date, time and location will be shared prior to the session and will occur in an active kindergarten classroom. Please check the Project Enlightenment website frequently for updates.

Date: Fall/Winter 2023

Time: To Be Determined

Location: To Be Determined

Course No.: PT2K2420

Cost: No Fee

Type: This is an in-person workshop session.

↔ Hands-On Kindergarten Readiness at Home- 2nd Fall Offering (Dates, Time & Locations To Be Determined)

Parents will have the opportunity, with their child, to attend a play-based workshop full of ideas and activities to do at home as they prepare for kindergarten. Parents will learn about Pre-K and Kindergarten alignment and become more comfortable with their role in promoting, encouraging and supporting their child's learning. Children will receive fun, engaging, hands-on activities designed specifically to use in preparation for Kindergarten. For parents of pre-k students.

Note: Final date, time and location will be shared prior to the session and will occur in an active kindergarten classroom. Please check the Project Enlightenment website frequently for updates.

Date: Fall/Winter 2023

Time: To Be Determined

Location: To Be Determined

Course No.: PT2K2421

Cost: No Fee

Type: This is an in-person workshop session.

↔ Kindergarten Parent Partnerships and Participation

This workshop is offered twice during the year. This workshop will provide ideas for connecting before, during, and after the kindergarten year, advocating for your child, supporting the curriculum at home, and more information about best practices related to parent-school partnerships. A one-hour presentation will be followed by 30 minutes for parent Q&A- please bring questions about supporting your family through the transition to kindergarten. For parents of pre-k and kindergarten students.

Date: September 12, 2023

Time: 6:30 - 8:00 p.m.

Location: Virtual-Google Meet

Course No.: PT2K2414

Cost: No Fee

Type: This is a virtual workshop session.

↔ Firmness and Limit Setting: Tips to Increase Cooperation

This workshop is offered twice during the year. In this workshop, participants will get information and strategies on how to be firm, consistent and set effective limits while teaching and modeling the behaviors they want to see their child learn and use. For families with children 3 to 6 years of age.

Date: October 5, 2023

Time: 6:30 - 8:00 p.m.

Location: Virtual-Google Meet

Course No.: PPB2401

Cost: \$22/person, \$33/couple

Type: This is a virtual workshop session.

↔ Managing Meltdowns and Tantrums While Building Self-Regulation

For parents, dealing with tantrums and meltdowns can feel overwhelming. Helping children move through these difficult times can actually lead them toward self-regulation, a very important skill that will benefit them throughout their lives. In this workshop, parents will learn strategies to interact with their child to teach self-control and self-regulation. For families with children 3 to 6 years of age.

Date: October 18, 2023

Time: 6:30 - 8:00 p.m.

Location: Virtual-Google Meet

Course No.: PPB2402

Cost: \$22/person, \$33/couple

Type: This is a virtual workshop session.

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**PROJECT ENLIGHTENMENT- Serving young children and the adults
in their lives for 50 plus years!**

Parent Workshops 2023 - 2024

↔ The Anxious Child's Toolkit for Success

Is your child shy, cautious, anxious or all of the above? In this workshop, a wide variety of worries, anxieties and fears of young children will be discussed and participants will be provided with strategies for helping children overcome them. *For families with children 3 to 6 years of age.*

Date: October 24, 2023

Time: 6:30 - 8:00 p.m.

Location: Virtual-Google Meet

Course No.: PPB2403

Cost: \$22/person, \$33/couple

Type: This is a virtual workshop session.

↔ PTRC Open House for Parents: *Discover a Treasure Trove of Resources for Parents of Young Children*

Join us to explore current, informative, and helpful parent resources located in our Parent Teacher Resource Center! This includes diverse materials for adults and children on a variety of topics such as child development, behavior guidance, social-emotional tools and more. Come see what we have that can be helpful in parenting your young child! This session will include a "make-and-take" that can be useful in establishing routines in your home. *For families with children birth to 5 years of age.*

Date: October 25, 2023

Time: 9:30 - 11:00 a.m.

Location: Parent Teacher Resource Center

Course No.: PPB2404

Cost: No Fee

Type: This is an in-person session.

↔ Parenting Power Struggles: *Who is in Charge Here?*

This workshop is offered twice during the year. Children test their power at certain points in their development in order to become more autonomous and independent. This looks like tantrums, stubbornness, defiance or disobedience and can create a frustrating and sometimes heated environment full of power struggles. Learn how to recognize triggers, implement preventative strategies and handle power struggles effectively so you and your child can get through these stages peacefully. *For families with children 2.5 to 6 years of age.*

Date: November 2, 2023

Time: 6:30 - 8:00 p.m.

Location: Virtual-Google Meet

Course No.: PPB2405

Cost: \$22/person, \$33/couple

Type: This is a virtual workshop session.

↔ Using Routines and Visual Cues to Support Your Child

Everyone benefits from having predictable routines for managing everyday tasks. In this workshop, we will examine the existing routines you have for your children in your home. Where does it feel chaotic? Maybe morning, maybe bedtime or maybe both? Participants will learn about the importance of adding visual cues to reinforce your routines and how that can help young children be successful. Many types of visual supports will be shared that can improve daily routines and functions, provide a sense of security and stability, reduce stress, and encourage independence. *For families with children 3 to 6 years of age.*

Date: November 14, 2023

Time: 6:30 - 8:30 p.m.

Location: Project Enlightenment

Course No.: PPB2406

Cost: \$22/person, \$33/couple

Type: This is an in-person workshop session.

↔ Understanding and Supporting Your Intense and Challenging Child

Is your child intense, challenging or active? In this workshop, participants will identify factors that contribute to these temperament types and behaviors. Strategies for helping intense children learn to understand and manage their behaviors will be shared. *For families with children 3 to 6 years of age.*

Date: November 16, 2023

Time: 6:30 - 8:00 p.m.

Location: Virtual-Google Meet

Course No.: PPB2407

Cost: \$22/person, \$33/couple

Type: This is a virtual workshop session.

↔ Empowering Your Child as they Transition to Kindergarten

As your child prepares for kindergarten, using positive methods and strategies to increase confidence and independence will have meaningful and lasting impact on your child's school success. Parents will have the opportunity to hear about kindergarten readiness, the preschool and kindergarten curricula, and how to engage children at home before, during, and after the transition to kindergarten. This workshop supports the transition to kindergarten by connecting the home environment to the classroom. *For families with children 3 to 6 years of age.*

Date: December 6, 2023

Time: 6:30 - 8:00 p.m.

Location: Virtual-Google Meet

Course No.: PT2K2415

Cost: No Fee

Type: This is a virtual workshop session.

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Visit our website at wcpss.net/projectenlightenment to learn more about our FREE services for young children and their families.

Parent Workshops 2023 - 2024

↔ Best Friends and Worst Enemies: *Supporting Positive Sibling Relationships*

Sibling relationships sometimes foster jealousy and competition, but with some guidance they have the potential to teach children how to get along well with others. Learn practical skills to help children share, reduce sibling rivalry, and create more peaceful interactions between siblings. *For families with children 3 to 6 years of age.*

Date: January 18, 2024

Time: 6:30 - 8:00 p.m.

Location: Virtual-Google Meet

Course No.: PPB2408

Cost: \$22/person, \$33/couple

Type: This is a virtual workshop session.

↔ Supporting the Social and Emotional Transition to Kindergarten

This workshop is offered twice during 2024. In collaboration with a social-emotional coach trained in SEFEL (Social and Emotional Foundations for Early Learning), classroom strategies for social-emotional growth and development will be expanded to include activities for use in the home. Parents will have the opportunity to learn and try tools for supporting the social-emotional growth of their children and learn why it is so important for the transition to kindergarten. *For parents of pre-k and kindergarten students.*

Date: February 7, 2024

Time: 6:30 - 8:00 p.m.

Location: Virtual-Google Meet

Course No.: PT2K2416

Cost: No Fee

Type: This is a virtual workshop session.

↔ Parenting Power Struggles: *Who is in Charge Here?*

Children test their power at certain points in their development in order to become more autonomous and independent. This looks like tantrums, stubbornness, defiance or disobedience and can create a frustrating and sometimes heated environment full of power struggles. Learn how to recognize triggers, implement preventative strategies and handle power struggles effectively so you and your child can get through these stages peacefully. *For families with children 2.5 to 6 years of age.*

Date: February 15, 2024

Time: 6:30 - 8:00 p.m.

Location: Virtual-Google Meet

Course No.: PPB2409

Cost: \$22/person, \$33/couple

Type: This is a virtual workshop session.

↔ Parenting and Tackling the Toddler Years

Ahh! The toddler years! A time of great cognitive, social and emotional development! Join us for this informative workshop as we learn about the toddler's unique developmental needs, the importance of routines and play, ways to foster independence and self-esteem and the importance of language and emotional literacy development. Common challenging behaviors that the toddler years present will be reviewed, and participants will leave with practical tips and strategies to help prevent and lessen these behaviors. *For families with children 15 months to 3 years of age.*

Date: March 7, 2024

Time: 6:30 - 8:00 p.m.

Location: Virtual-Google Meet

Course No.: PPB2410

Cost: \$22/person, \$33/couple

Type: This is a virtual workshop session.

↔ Supporting English Language Learners in the Transition to Kindergarten

In collaboration with our English Language Learners (ELL) coordinating teachers, this workshop will provide information and strategies for families as they help children prepare for kindergarten. Expert teachers will share how learning varies for students who are learning a second language while attending preschool and during preparation for kindergarten. Parents will learn more specifics about how English Language Learners are supported throughout the kindergarten year. *For parents of pre-k and kindergarten students.*

Dates: March 13, 2024

Time: 6:30 - 8:30 p.m.

Location: Project Enlightenment

Course No.: PT2K2417

Cost: No Fee

Type: This is an in-person workshop session.

↔ Kindergarten Parent Partnerships and Participation

This workshop will provide ideas for connecting before, during, and after the kindergarten year, advocating for your child, supporting the curriculum at home, and more information about best practices related to parent-school partnerships. A one-hour presentation will be followed by 30 minutes for parent Q&A- please bring questions about supporting your family through the transition to kindergarten. *For parents of pre-k and kindergarten students.*

Dates: March 14, 2024

Time: 6:30 - 8:00 p.m.

Location: Virtual-Google Meet

Course No.: PT2K2418

Cost: No Fee

Type: This is a virtual workshop session.

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Check out our Project Enlightenment FACEBOOK page for tidbits of information that will be of interest to those with young children birth through Kindergarten age.

Parent Workshops 2023 - 2024

↔ Firmness and Limit Setting: *Tips to Increase Cooperation*

In this workshop, participants will get information and strategies on how to be firm, consistent and set effective limits while teaching and modeling the behaviors they want to see their child learn and use.
For families with children 3 to 6 years of age.

Date: March 19, 2024

Time: 6:30 - 8:00 p.m.

Location: Virtual-Google Meet

Course No.: PPB2411

Cost: \$22/person, \$33/couple

Type: This is a virtual workshop session.

↔ Positive Discipline: *Tools for Your Parenting Toolbox*

Tired of tantrums? Weary of whining? Kids not listening? In this **three-session** workshop series on the foundations of positive discipline, parents will learn how to develop a firm, effective limit setting style, follow through with choices and consequences and prevent misbehavior before it starts. This series is three weeks in length and includes a workbook of reference materials that you will be able to use for years to come. *For families with children 3 to 6 years of age.*

Dates: April 16, 23 & 30, 2024

Time: 6:30 - 8:30 p.m.

Location: Virtual-Google Meet

Course No.: PPB2412

Cost: \$64/person, \$84/couple

Type: This is a virtual workshop session.

↔ Supporting the Social and Emotional Transition to Kindergarten

In collaboration with a social-emotional coach trained in SEFEL (Social and Emotional Foundations for Early Learning), classroom strategies for social-emotional growth and development will be expanded to include activities for use in the home. Parents will have the opportunity to learn and try tools for supporting the social-emotional growth of their children and learn why it is so important for the transition to kindergarten. *For parents of pre-k and kindergarten students.*

Date: April 17, 2024

Time: 6:30 - 8:00 p.m.

Location: Virtual-Google Meet

Course No.: PT2K2419

Cost: No Fee

Type: This is a virtual workshop session.

↔ Hands-on Kindergarten Readiness at Home- 3rd Spring Offering (*Dates, Time & Locations To Be Determined*)

This workshop is offered twice during Spring 2024. Parents will have the opportunity, with their child, to attend a play-based workshop full of ideas and activities to do at home as they prepare for kindergarten. Parents will learn about Pre-K and Kindergarten alignment and become more comfortable with their role in promoting, encouraging and supporting their child's learning. Children will receive fun, engaging, hands-on activities designed specifically to use in preparation for Kindergarten. *For parents of pre-k students.*

Note: Final date, time and location will be shared prior to the session and will occur in an active kindergarten classroom. Please check the Project Enlightenment website frequently for updates.

Date: Spring 2024

Time: To Be Determined

Location: To Be Determined

Course No.: PT2K2422

Cost: No Fee

Type: This is an in-person workshop session.

↔ Hands-On Kindergarten Readiness at Home- 4th Spring Offering (*Dates, Time & Locations To Be Determined*)

Parents will have the opportunity, with their child, to attend a play-based workshop full of ideas and activities to do at home as they prepare for kindergarten. Parents will learn about Pre-K and Kindergarten alignment and become more comfortable with their role in promoting, encouraging and supporting their child's learning. Children will receive fun, engaging, hands-on activities designed specifically to use in preparation for Kindergarten. *For parents of pre-k students.*

Note: Final date, time and location will be shared prior to the session and will occur in an active kindergarten classroom. Please check the Project Enlightenment website frequently for updates.

Date: Spring 2024

Time: To Be Determined

Location: To Be Determined

Course No.: PT2K2423

Cost: No Fee

Type: This is an in-person workshop session.



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Project Enlightenment is open Monday through Fridays from 8 a.m. until 5 p.m.

Parent Workshops 2023 - 2024

REGISTRATION & PAYMENT INFORMATION

Enrollment is limited. Register early as registration is on a “first-come, first-served” basis upon receipt of registration and payment. **Please note that registration closes one week prior to the date of workshop.**

THERE ARE TWO OPTIONS TO REGISTER FOR WORKSHOPS:

1. Online Registration

Individuals may register and submit secure payment online via the Parent’s tab on our website at <https://peworkshops.wcpss.net>. Complete the registration portion and pay online by credit card (Master Card, Visa, and Discover Card only). All transactions are securely handled by Wells Fargo’s Elavon Virtual Merchant. Any information received is kept confidential and is not shared with other groups, agencies, or individuals. Once registration and payment are processed an email confirmation will be sent.

2. Mail- In Registration

The mail-in registration form is located on the following page and is also available online for download.

Mail-in registrations, along with payment, must be received two weeks prior to the scheduled event. Registration is **ONLY** processed when actual payment is received. Once registration and payment are received an email confirmation will be sent.

Instructions for registration include:

- remove (or print if downloaded) the registration form
- complete the form by entering the cost of each workshop in the “Total” column.
Enter the sum total of all workshops in the “Total Cost” box
- make checks payable to Project Enlightenment (*Fees can be adjusted based on financial need. Call 919-856-7774 x 27025 for more information.*)
- make a copy for your reference
- mail it along with payment to:

PROJECT ENLIGHTENMENT

Parent Workshop Registration
501 S. Boylan Avenue, Raleigh, NC 27603

THERE ARE TWO TYPES OF REGISTRATION CONFIRMATION

Confirmations for virtual and in-person workshops will **ONLY** be sent via email and **ONLY** after payment is received. Please write your email address legibly.

1. Virtual Workshops: You will receive two emails.

- The first will provide confirmation of your registration.
- The second email (closer to the scheduled workshop date) will contain the link to login. If you do not receive the second email within 24 hours of the scheduled workshop, please email Teresa Veno at peworkshops@wcpss.net or call 919.856.7774 x 27025.
- Please plan to log-in 10 minutes prior to the scheduled workshop time to ensure connectivity and that your microphone and chat features are working properly. Please know that the presenter will begin promptly as scheduled.
- Workshops will not be recorded and may not be recorded by participants.

2. In-Person Workshops: You will receive one email providing confirmation of your registration to attend the in-person workshop. If you do not receive an email confirmation, please email Teresa Veno at peworkshops@wcpss.net. Please know that the presenter will begin promptly as scheduled.

WORKSHOP REGISTRATION AND INFORMATION

Please print clearly and **COMPLETE ALL PARTS OF THE FORM.**

Send the completed form along with payment to

PROJECT ENLIGHTENMENT Parent Workshops 501 S. Boylan Avenue, Raleigh, N.C. 27603

last name	first name	m.i.
spouse last name/second participant	first name	m.i.
street address	apt. no.	
city	zip	
primary phone	secondary phone	
email address (for confirmation of paid registration- please print legibly)		

✓	Course Number	Title	Date(s)	Cost	Total
	PT2K2420	Hands-On Kindergarten Readiness at Home- <i>Visit our website often for more information.</i>	TBD	No Fee	
	PT2K2421	Hands-On Kindergarten Readiness at Home- <i>Visit our website often for more information.</i>	TBD	No Fee	
	PT2K2414	Kindergarten Parent Partnerships and Participation	9/12/2023	No Fee	
	PPB2401	Firmness and Limit Setting: <i>Tips to Increase Cooperation</i>	10/5/2023	\$22/\$33	
	PPB2402	Managing Meltdowns and Tantrums While Building Self-Regulation	10/18/2023	\$22/\$33	
	PPB2403	The Anxious Child's Toolkit for Success	10/24/2023	\$22/\$33	
	PPB2404	PTRC Open House for Parents: <i>Discover a Treasure Trove of Resources for Parents of Young Children</i>	10/25/2023	No Fee	
	PPB2405	Parenting Power Struggles: <i>Who is in Charge Here?</i>	11/2/2023	\$22/\$33	
	PPB2406	Using Routines and Visual Cues to Support Your Child	11/14/2023	\$22/\$33	
	PPB2407	Understanding and Supporting Your Intense and Challenging Child	11/16/2023	\$22/\$33	
	PT2K2415	Empowering Your Child as They Transition to Kindergarten	12/6/2023	No Fee	
	PPB2408	Best Friends and Worst Enemies: <i>Supporting Positive Sibling Relationships</i>	1/18/2024	\$22/\$33	
	PT2K2416	Supporting the Social and Emotional Transition to Kindergarten	2/7/2024	No Fee	
	PPB2409	Parenting Power Struggles: <i>Who is in Charge Here?</i>	2/15/2024	\$22/\$33	
	PPB2410	Parenting and Tackling the Toddler Years	3/7/2024	\$22/\$33	
	PT2K2417	Supporting English Language Learners in the Transition to Kindergarten	3/13/2024	No Fee	
	PT2K2418	Kindergarten Parent Partnerships and Participation	3/14/2024	No Fee	
	PPB2411	Firmness and Limit Setting: <i>Tips to Increase Cooperation</i>	3/19/2024	\$22/\$33	
	PPB2412	Positive Discipline: <i>Tools for Your Parenting Toolbox (3 Sessions)</i>	4/16 & 23 & 30/2024	\$64/\$84	
	PT2K2419	Supporting the Social and Emotional Transition to Kindergarten	4/17/2024	No Fee	
	PT2K2422	Hands-On Kindergarten Readiness at Home- <i>Visit our website often for more information.</i>	TBD	No Fee	
	PT2K2423	Hands-On Kindergarten Readiness at Home- <i>Visit our website often for more information.</i>	TBD	No Fee	
Total Cost »					

~ Off to a Good Start in Kindergarten Tip Paper ~



Health Routines

- Establish a bedtime that gives 10+ hours of sleep.
- Ensure immunizations and health exams are current (must be shared with school).
- Stick to regular times for meals.



Positive Approaches toward Learning

- Provide toys and games for exploration and discovery.
- Create opportunities to stay on task for 15 minutes (or more).



Social and Emotional Development

- Talk about feelings.
- Facilitate friendships with other children.
- Set basic rules and allow child to adapt to change.
- Celebrate independence.

Off to a Good Start in Kindergarten

We know this is an exciting time for your entire family! Your child's kindergarten classroom will be a creative and stimulating environment full of learning and exploration. Kindergarten will provide the foundation for the rest of your child's school experiences and your child will develop a love of learning.

Recognizing the importance of the school's partnership with all families, we encourage you to help your child prepare for the kindergarten experience at home.

Text **R4K WC** to **70138** to receive weekly Ready4K tips!

WHAT STARTS HERE
CHANGES
EVERYTHING.



Language Development

- Talk, talk, talk at home!
- Read together every day.
- Give multiple step instructions (1, 2, 3).
- Encourage sentences of several words.



Health and Physical Development

- Run, jump, climb, swing and throw together.
- Develop independence — dressing, eating, and personal hygiene.
- Share a space to use scissors and crayons.



General Knowledge

- Teach first and last name.
- Learn basic colors.
- Practice numbers and letters.
- Retell stories together.

**Visit the Parent Teacher Resource Center at Project Enlightenment
for more information and resources on preparing young children for kindergarten.**

~ Papel de consejos para un buen comienzo en el kinder en español ~



Rutinas de salud

- Establecer un horario de acostarse que brinde 10 horas o más para dormir.
- Asegurarse de estar al día con las vacunas y los exámenes físicos (se debe compartir esta información con la escuela).
- Mantener el mismo horario para las comidas a diario.



Enfoques positivos en el aprendizaje

- Proporcionar juguetes y juegos que fomenten la exploración y el descubrimiento.
- Crear oportunidades para mantenerse enfocado en una tarea por 15 minutos (o más).



Desarrollo social y emocional

- Conversar sobre los sentimientos.
- Brindar la oportunidad de hacer amistades con otros niños.
- Establecer reglas básicas y permitir que su niño se adapte al cambio.
- Celebrar el comportamiento independiente.

Un buen comienzo en el Kínder

¡Sabemos que este es un tiempo muy emocionante para toda la familia! El salón de clase del Kínder de su niño será un entorno lleno de creatividad y estimulación para el aprendizaje y la exploración. El Kínder le proporcionará a su niño las bases para el resto de sus experiencias escolares y su niño desarrollará el amor por aprender.

Reconociendo la importancia de la colaboración entre la escuela y todas las familias, le alentamos a que usted ayude a su niño a prepararse en casa para su experiencia en el Kínder.

WHAT STARTS HERE
CHANGES
EVERYTHING.



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Desarrollo del lenguaje

- ¡Hablar, hablar y hablar con su niño en casa!
- Leer junto con su niño todos los días.
- Darle instrucciones de múltiples pasos (1, 2, 3).
- Animarle a formar oraciones de varias palabras.



Desarrollo de salud y físico

- Correr, saltar, trepar, mecerse y lanzar juntos.
- Desarrollar la independencia para vestirse, comer y la higiene personal.
- Compartir un espacio para usar tijeras y crayones.



Conocimiento general

- Enseñar el primer nombre y el apellido.
- Aprender los colores básicos.
- Practicar los números y las letras.
- Volver a contar las historias juntos.

Visite el Centro de Recursos para Padres y Maestros en Project Enlightenment para obtener más información y recursos sobre cómo preparar a los niños pequeños para el kinder.

- Haga copias de esta página para amigos y familiares que tienen niños preparándose para el jardín de infantes. -



PROJECT ENLIGHTENMENT

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