



# April 2010

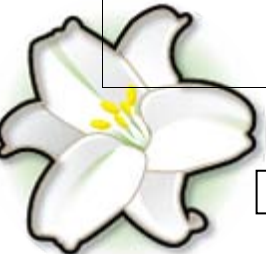
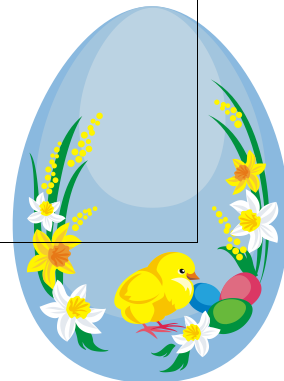
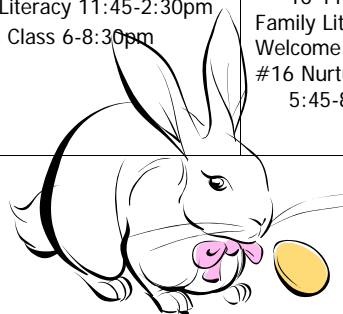
The Monument Community First 5 Center  
 1736 Clayton Rd. Concord, CA (925) 808-7359  
[www.monumentcommunity.org](http://www.monumentcommunity.org)



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 #5 Story Time/Raising a Reader 10-11am <b>Baby Sign 10-11am</b> Family Literacy 11:45-2:30pm #13 Nurturing Parents 5:45-8:30pm	2 <b>#6 My Gym 10-11am</b> <b>#6 My Gym 11-12pm</b> Story Time 1-1:30pm Facilitated Play 1:30-3pm	3 New family Orientation 10-11
5 <b>*Center Closed*</b> Staff Day	6 <b>*Center Closed*</b>	7 <b>*Center Closed*</b>	8 <b>*Center Closed*</b> Tobacco Ed. 10:30-12:30 (O S)	9 <b>*Center Closed*</b>	10
12 #1 Terrific Twos 10-12pm  Bridges Class 6-8:30pm	13 #1 Child Safety 9-10am Ready, Set, Go! 9-10am Family Literacy 11:45-2:30pm Parents As Teacher (Keller)	14 #2 Child Safety 9-10am Parents As Teacher (Keller) 10-2pm Family Literacy 11:45-2:30pm Bridges Class 6-8:30pm	15 <b>#3 Child Safety 9-10am</b> #6 Story Time/Raising a Reader 10-11am Family Literacy 11:45-2:30pm #14 Nurturing Parents 5:45-8:30pm	16 Happy, Healthy Me 10-12pm Story Time 1-1:30pm Facilitated Play 1:30-3pm Parents As Teacher (Keller)	17 Art with Daddy 10-11am
19 #2 Terrific Twos 10-12pm  Bridges Class 6-8:30pm	20 Ready, Set, Go! 9-10am Family Literacy 11:45-2:30pm Parents As Teacher (Keller)	21 Parents As Teacher (Keller) 10-2pm Family Literacy 11:45-2:30pm Bridges Class 6-8:30pm	22 #1 Tigo 10-11:30am #7 Story Time/Raising a Reader 10-11am Family Literacy 11:45-2:30pm #15 Nurturing Parents 5:45-8:30pm	23 Happy, Healthy Me 10-12pm Story Time 1-1:30pm Facilitated Play 1:30-3pm Parents As Teacher (Keller)	24 Infant Class first Aid Certificate 9-5pm
26 #3 Terrific Twos 10-12pm  Bridges Class 6-8:30pm	27 Ready, Set, Go! 9-10am Family Literacy 11:45-2:30pm Parents As Teacher (Keller)	28 Parents As Teacher (Keller) 10-2pm Family Literacy 11:45-2:30pm Bridges Class 6-8:30pm	29 #2 Tigo 10-11:30am #8 Story Time/Raising a Reader 10-11am Family Literacy 11:45-2:30pm Welcome Home Baby 3-5pm #16 Nurturing Parents 5:45-8:30pm	30 Free Dental Screening Dental health Education (John Mur) 10-11am 11:15-12:15pm Parents As Teacher (Keller) <b>Closed 1-4pm</b>	

Highlighted in red means Last Session

Revised: 3/5/10



## Program Descriptions

### **Art with Daddy: 10-11 a.m. (3-5 years) -Daddies and Children only 3rd Saturday of the month**

Aimed for daddies to bond with their children in a fun way-A class for children ages 3-5 designed for father and child interaction and learning experience. We will explore all kinds of materials, such as clay, gooey gunk, fun objects, paint, markers, stencils, and temperas. Some projects will have themes such as animals, ocean, pirate or construction worker, and others will just be for the sake of discovering material. This is a process –oriented class. Fathers must be present to participate and engage with their children. Class is limited to 12 children plus their parents.

### **Child Safety: 3 Sessions**

Parents and children together learn about ways to talk about good vs. bad secrets & touches, unsafe strangers and safety precautions.

### **Facilitated Play Time: 1:30-3pm**

Children Age 0 to 5 yrs old will have the opportunity to interact with each other and parents through child –directed play in a safe environment.

### **Family Literacy: 11:45-2:30pm (Parents with children 0-3 years)**

In collaboration with MDAE (Mt. Diablo Adult Education) English classes are offered to parent of children ages 0-3. Classes held on Tuesdays, Wednesdays and Thursdays, with a child component, where children come to classes also and learn according to their age development.

### **Gym 10-11am (1-2½ years) 6 sessions**

This class will include a vast array of fantastic and stimulating experiences for children ages 1-2½ and their parents, including warm-up tumbling skills, gymnastics, music, puppets, games and irresistible group activities to keep the little ones moving.

### **Gym 11-12am (2½ - 4 years) 6 sessions**

This class offers more independent and advanced opportunities for children ages 2½-4 and their parents, including warm-up more advanced tumbling skills and gymnastics, music, puppets, games and irresistible to keep the little ones moving.

### **Healthy, Happy Me! Ages 0-5, 10-12:00 pm**

This class combines parent education with parent/child activities, and looks at tobacco education with an interdisciplinary focus. Parents learn about the effects of second hand smoke on young children, marketing strategies used by tobacco education, and how to empower their children to be aware of taking care of themselves and be smoke-free. Fun and creative activities teach children about tobacco smoke, pollution, the lungs and heart, physical fitness, and taking care of oneself.

### **Nurturing Parents: 5:45-8:30pm 24 Sessions**

The Nurturing Parent Program is a 24 week group-based program. This series focuses on the following topics: recognizing and understanding feelings, nurturing parenting routines, handling stress, alternatives to hitting, communication, child development, and ways to build self-esteem in adults and children. Children participate in age-specific classes, focusing on examining feelings, positive self-talk, communication, making choices and developing personal power. Class is for families with children ages 0-5, and is in English. Dinner provided.

### **Parents as Teachers: Ages 3-5 6 sessions**

Meet with a parent educator individually for 6 weeks to learn about your child's development thru activities.

### **Raising a Reader: Ages 0-5, 10:00-11:00am 10 Sessions**

The West County First 5 Center has the Raising a Reader Book Lending Library! Families rotate bags of 4 great books, and participate in a monthly “Loving Literacy” class, which includes activities that encourage “book cuddling” and a love of books in children. Participants must attend an orientation to begin the program. Nevin Center class includes a weekly “Loving Literacy”

### **Ready, Set, Go! Ages 3-5, 9-10am 5 Sessions**

Preschool activities for parents and children

### **Story Time: 1-1:30am (3-5 years) ONGOING**

Story time is for children ages 3-5, each story will include circle time, the story, song and related literacy and art.

### **Terrific Twos (Mondays, 10:00 a.m. – 12:00 noon) 10 sessions**

This parenting training intervention is focused on strengthening parenting competencies, ( monitoring, positive discipline, confidence) and fostering parents’ involvement in children’s experiences in order to promote children’s academic and social competencies and reduce conduct problems.

### **TIGO 4 Sessions**

TIGO is a creative tool designed by First 5 Contra Costa to help parents be their child’s first, and most important teacher. This practical resource contains high-quality children’s books, learning material, and fun, engaging activities that encourage parents to talk, play, and read with their young children. TIGO is for children ages 3-5 who are not currently in preschool.

### **Tobacco Education: 2 Sessions**

Tobacco education and the affects of second hand smoke hurt our children. Parents will learn why second hand smoke is dangerous to a families’ health and how to protect themselves. Parents will also learn ways to promote safer homes and environments for their children. This is a two session class with remarkable information and sharing. Child care provided

**All Programs are free to children under 5 years old and their families**

**For information, please call: (925) 808-7359 General number**

**Program Specialist: Rosa Hurtado 808-7360**

**Jacinda Palmer 808-7358 & Roxana Carrasco 270-1994**

**<http://www.monumentcommunity.org/first-five.htm>**

**NEW Hours of Operation:**

**M-F 8:30-4:00 pm**

**Closed Sat/Sun**

