



May 2010

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



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Art with Daddy 9-10 Yoga with Grandparents 9-10am
2	3 #4 Terrific Twos 10-12pm #1 Art with Mommy 1:30-2:30 Staff Meeting 1:30-3:30	4 Ready, Set, Go! 9-10am #1 My Gym 9-10am #1 My Gym 10-11am Parents As Teacher (Keller) Family Literacy 11:45-2:30pm	5 MCP Staff Meeting 10-2pm Parents As Teacher (Keller) Family Literacy 11:45-2:30pm	6 #3 TIGO 10-11:30am #9 Story Time/Raising a Reader 10-11am Family Literacy 11:45-2:30pm #17 Nurturing Parents 5:45-8:30	7 #1 MAD Science 9-10am #1 Baby Signs 10-11am Parents As Teacher (Keller) Story Time 1-1:30pm Facilitated Play 1:30-3pm	8 Infant CPR 8-12pm Infant CPR 1-5pm Yoga with Grandparents 9-10am
9 Mother's Day	10 #5 Terrific Twos 10-12pm #2 Art with Mommy 1:30-2:30 Staff Meeting 1:30-3:30	11 #1 Child Safety 9-10am Ready, Set, Go! 9-10am #2 My Gym 9-10am #2 My Gym 10-11am Parents As Teacher (Keller) Family Literacy 11:45-2:30pm	12 #2 Child Safety 9-10am #3 TIGO (Spanish) 10-11:30am Parents As Teacher (Keller) Family Literacy 11:45-2:30pm Workshop: Q's about your child's Development 3-4pm	13 #3 Child Safety 9-10am #4 TIGO 10-11:30am #10 Story Time/Raising a Reader 10-11am Family Literacy 11:45-2:30pm #18 Nurturing Parents 5:45-8:30	14 #2 MAD Science 9-10am #2 Baby Signs 10-11am Parents As Teacher (Keller) Story Time 1-1:30pm Facilitated Play 1:30-3pm	15 Art with Daddy 9-10 Yoga with Dad 10-11
16	17 #6 Terrific Twos 10-12pm #3 Art with Mommy 1:30-2:30 Staff Meeting 1:30-3:30	18 Ready, Set, Go! 9-10am #3 My Gym 9-10am #3 My Gym 10-11am Parents As Teacher (Keller) Family Literacy 11:45-2:30pm	19 #4 TIGO (Spanish) 10-11am Parents As Teacher (Keller) Family Literacy 11:45-2:30pm	20 #1 Happy, Healthy Me 9:30-11:30 Family Literacy 11:45-2:30pm #19 Nurturing Parents 5:45-8:30	21 #3 MAD Science 9-10am #3 Baby Signs 10-11am Parents As Teacher (Keller) Story Time 1-1:30pm Facilitated Play 1:30-3pm	22 Infant CPR 8-12(Eng.) Infant CPR 1-5pm
23	24 #7 Terrific Twos 10-12pm Staff Meeting 1:30-3:30	25 Ready, Set, Go! 9-10am #4 My Gym 9-10am #4 My Gym 10-11am Parents As Teacher (Keller) Family Literacy 11:45-2:30pm	26 Parents As Teacher (Keller) Family Literacy 11:45-2:30pm	27 #2 Happy, Healthy Me 9:30-11:30 Family Literacy 11:45-2:30pm #20 Nurturing Parents 5:45-8:30	28 #4 MAD Science 9-10am #4 Baby Signs 10-11am Parents As Teacher (Keller) Center Closed 1-4pm	29 Yoga with Grandparents 9-10am

Program Descriptions

Art with Daddy 10-11am (3-5 years) -Daddies and Children only

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, goeey 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.

Baby Signs: Ages 6-18 Months (5/7/10 -6/11/10)

This class teaches signing through songs and games. Sign language helps young children communicate what they need, see, and feel without having to resort to tears! Child development concepts are presented each week to reinforce how children benefit from signing. Participants will learn signs for a variety of topics, including mealtime, bedtime, play, feelings, and family. Instructor: Bay Area Baby Signs.

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: 1:30-3:30pm Friday

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 9-10am (1-2½ years) 6 sessions (5/4/10 – 6/8/10)

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 10-11am (2½ - 4 years) 6 sessions (5/4/10 – 6/8/10)

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.

Nurturing Parents: 5:45-8:30pm 24 Sessions (1/7/10 – 6/24/10)

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 (By appointment)

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: 10-11am (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 10:00 a.m. – 12:00 noon 10 sessions (4/12/10 – 6/21/10)

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 (4/22/10-5/13/10) English (4/21/10-5/19/10) Spanish

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.

Workshop: Questions about your child's development. (English/Spanish)

This is a conversation about important elements at different stages of Child Development. We will review general guidelines that will help parents to become more aware of fundamental signs of their child development. The discussion will also address common concerns that may arise as parents observe their children grow.

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