By planning ahead, you can help your whole family make a smooth beginning. Here are some ideas for connecting home and school during the first weeks:

- With your child, read over any notes and schoolwork sent home that day. If he has homework, schedule time for him to do it as part of your family’s daily routine.
- Have downtime when your child can discuss his new experiences with the family. Consider making extra meals and freezing them ahead of time so that the dinner hour is not so hectic.
- Ask specific questions about his day: what book did you hear/read today? What number work did you do? What centers did you go to? Who did you play with?
- Try to clear your personal schedules of extra activities, especially for the first week of school, so that you are available for anything that might come up during the day.
- If your child packs a lunch or snack, let him help choose what it will be.

- Maintain a regular time for reading. Have your child choose the book(s).
- Make sure that the time for bed allows at least 10 hours of sleep for you child.
- Continue to set an alarm clock before bedtime with your child and encourage him to take the responsibility for getting up.
- Praise your child for getting to bed on time, getting up on time and being ready to leave the house on time.

Reflection:
Take time to think about your family routines.

Other things that will make our first week go smoother:

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Parents as Teachers
Children’s Center

Question of the month

Come check out the Children’s Center for our question of the month. We want to hear from you!

What back to school tips do you have in place to share with other parents/guardians?

Storytime Walk August 1, 2019

Story Time Walk is a free and fun event for Elk County Families with children ages birth to 5. Families will have the opportunity to explore the St. Marys Area High School Track in St. Marys while reading the book “How to Grow a Dinosaur, by Caryl Hart” and participate in fun developmental activities related to the story along the way. All children who attend will get a free book from the Parents as Teachers Literacy Express and children will be able to enter to win a summer giveaway prize! Please note all children must be accompanied by an adult.

Come anytime between
10:00am-1:00pm or 3:00pm-6:00pm

On August 1, 2019

**Rain Date August 8, 2019**

No registration required.

Annual School Bus Ride Event
8/16/19

Our Back to School Group will be held at Benzing Park in St. Marys on August 16, 2019 at 10:30am! Muccio Bus Transportation will bring a bus for everyone to ride around and see all the local Elementary Schools! Each child will get a FREE book from the Literacy Express!

FREE PARENT & BABY PROGRAM

Who should attend? Parents with babies ages 0-12 months old are invited to attend! The workshop is designed for parents and their babies to attend together.

What is this program? Thisseries is an evidence-based program that focuses on topics such as "becoming parent" and "how to communicate with your baby" and also offers support to families. Each week’s program is presented by Certified Instructors Del-Cole & Amy Morris.

Where? Starting mid-August 2019: 4:45 pm

Where? Community Education Center (C.E.C.) in St. Marys, PA

Why? This is a FREE parent and baby group designed to encourage shared learning of early development through group discussions and videos. Time will be allowed for parents to practice skills with their babies.

Storytime Walk August 1, 2019

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Coffee & Chit Chat Parent/Guardian Group

All parents/guardians are welcome to join us for our Coffee & Chit Chat group. We will discuss water safety tips and strategies over coffee, tea or hot chocolate. We even have a little snack! This month’s group will be held on August 9, 2019 9:30am-10:30am

Childcare is provided in the Children’s Center

Mark your calendars for our next Coffee and Chit Chats! We hope to see you there!

September 13, 2019 9:30am-10:30am

October 11, 2019 9:30am-10:30am

November 8, 2019 9:30am-10:30am

December 13, 2019 9:30am-10:30am
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<td>Open 9:00am-2:00pm</td>
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</table>

**FREE to Elk County families with children birth- five years of age.**
Parents as Teachers
Children’s Center

4 Erie Avenue
P. O. Box 599
Saint Marys, PA 15857
834-2602
Phone:814-834-2602
Fax:814-834-1173
e-mail: cpahel@dickinsoncenter.org

Monday: 9:00am-2:00pm
Tuesday: 9:00am-2:00pm
Wednesday: 9:00am-2:00pm
Thursday: 9:00am-2:00pm
Friday: 9:00am-2:00pm

PAT Play Groups are held:
Friday Mornings 10:30am-11:30am

Please check the Parent Time newsletter or www.dickinsoncenter.org for special events.

Don’t forget to like “The Children’s Center-DCI Parents as Teachers” on Facebook to keep up-to-date on events!