

Parenting the First Year

Babies don't come with instruction manuals! That's why Extension is offering for new (or experienced) parents, as well as caregivers, an opportunity to receive this newsletter—"Parenting the First Year". This publication is sent monthly throughout the entire first year and provides practical parenting information.

Parenting the Second and Third Year

Being a parent gets more exciting as your toddler learns to talk, play with you and others, and make decisions and Extension is offering you an opportunity to continue learning about your child through a newsletter series called "Parenting the Second and Third Years".

Family FUNDamentals

Families, individuals, and youth are constantly faced with a multitude of challenges and transitions that place a great demand on their lives and their resources. Many families find themselves struggling to find the time, money, or energy to meet all of their members' needs and demands. Starting **April 1st** is an opportunity to receive a series of free monthly newsletters filled with information to help families meet the challenges of today's changing world. Some of the topics include "Get Out of Hock & Conquer Credit Card Debt", "Living in Blended Families", "The Role of the Father in the Family" and much more.

For any of the above materials, please contact **Virginia Cooperative Extension** at 564-2170 or email dheath@vt.edu to get on the mailing lists.

If you are a person with a disability and desire assistance or accommodations, please notify Virginia Cooperative Extension at 757-564-2170 ten days prior to the event. Office hours are 8:00 a.m. to 5:00 p.m. Monday through Friday.

PARENTING PROGRAMS

Sponsored by
**Virginia Cooperative Extension —
Family Focus Program**



Winter-Spring 2012

**Sheree Press, Parent Educator
James City County
York River Baptist Church
566-9777**

**Bee Darrow, Parent Educator
York County
St Mark Lutheran Church, Grafton
898-2945**

Active Parenting

Video and discussion program for parents of children ages 5-12.

Dates: Fridays, April 20th—May 25th
Time: 9:30 –11:30 am
Location: York River Baptist Church, Williamsburg
Contact: VCE - Family Focus, James City County, 566-9777
Fee: \$25.00 for class and book

Beyond The Delivery

Postpartum adjustment class for any family with an infant under the age of 8 months. Siblings welcome. On site child care provided.

Dates: Thursdays, January 19th –March 8th, 8 weeks
Dates: Thursdays, April 12th—May 31st, 8 weeks
Time: 10:00—11:30 am
Location: St. Mark Lutheran Church, Yorktown
Contact: VCE - Family Focus, York County, 898-2945
Fee: \$15.00 class fee

Here, Now and Down the Road, Tips for Loving Parents

Class will enhance parent's skills in developing their child's social competence. Parents will learn to encourage their child to make good decisions and promote the development of a healthy drug free lifestyle.

Dates: Fridays, February 3rd—March 23rd, 8 weeks
Time: 9:45—11:15
Location: St. Mark Lutheran Church, Yorktown
Contact: VCE - Family Focus, York County, 898-2945
Fee: \$15.00 materials fee

Relaxation Techniques for Parents: Tools to Manage Stress

This 5 week course for parents will provide an opportunity to explore what causes stress and techniques for relieving stress.

Date: Thursdays, January 19th—February 16th, 5 weeks
Time: 10:00—11:30 am
Location: St. Marks Lutheran Church, Yorktown
Contact: VCE - Family Focus, York County, 898-2945
Fee: \$15.00 class fee

Above classes are supported by a grant from the Department of Social Services Community Based Child Abuse Prevention Program.

1,2,3, 4 Parents

Video and discussion program for parents of children ages 1-4.

Dates: Wednesdays, April 11th—May 9th
Time: 6:00—8:00 pm
Location: Child Development Resources,
150 Point O'Woods Rd, Williamsburg
Fee: \$25.00 for class and book

Above classes are supported by a grant from the Virginia Department of Social Services Community Based Child Abuse Prevention Program.

Dads Make a Difference Playgroup

Come play and learn with other dads. Planned activities include: dinner, music, interactive play, dancing, crafts and fellowship.

Dates: Mondays 1/30, 2/6, 3/19, 4/16 and 5/21
Time: 6:00—8:00pm
Location: York River Baptist Church
Contact: VCE - Family Focus, Williamsburg, 566-9777
Fee: \$5.00 donation per family

Dates: Tuesdays, 1/31, 2/21, 3/20, 4/17 and 5/22
Time: 6:00—8:00 pm
Location: St. Mark Lutheran Church, Yorktown
Contact: VCE - Family Focus, York County, 898-2945
Fee: \$5.00 donation per family



Class is supported by the Investing in Fatherhood Grant a program of Child Development Resources.

Organizing Your Childs Room

With over 20 years experience in organization, Mary Frances Ballard will talk on how to organize your child's room.

Dates: February 8th VCE - Family Focus, James City County
April 20th VCE - Family Focus, York County
Time: 10:00 am
Contact : VCE - Family Focus, 566-9777 or 898-2945

ACTIVITIES/FUNDRAISERS

Betsy Q Concert

Date: February 25, 2012
Time: 11:00 am
Location: Kimball Theater, Merchants Square
Contact: VCE - Family Focus, 898-2945, 566-9777 or 1-800-HISTORY
Fee: \$7.00 adults, \$5.00 Children, under 12 months is free

