

## "Parenting with Heart"

A 10 week Parenting class where YOU decide what you want to learn.



Please call Pro Action of Steuben and Yates, Inc. 1-800-553-2033- ext 144 and speak to Pam or Brooke at the Center @ 936-3837-ext 11 Funded in part by:

United Way of the Southern Tier,  
Community Foundation,  
Triangle Foundation. and  
Steuben Family Enrichment Collaborative.

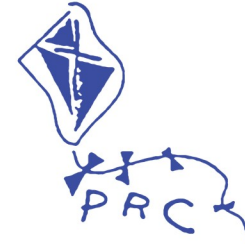
**Where:** Nonnie Hood Parent and Family Resource Center 300 Civic Center Plaza, Corning

**When:** Group starts October 18, 2010

**Time:** 10:00 - 12:00AM

**Must RSVP by October 12th to attend, as space is limited, Snacks will be provided; unfortunately child care is not available.**

## NONNIE HOOD PARENT AND FAMILY RESOURCE CENTER



...a great place to  
grow your family!

## October 2010 Calendar and Newsletter





## **Nonnie Hood Parent and Family Resource Center October Calendar Clues**

All programs are open to the public.  
We suggest you visit the PRC or call,  
936-3837, to register for programs.

### **MEETINGS AND GROUPS**

#### ***The Autism Support Group***

**October 18— 6-8 PM**

This growing and very positive group here at the PRC is seeing new faces each and every month. The Autism Support Group meets monthly at the PRC and is open to any family with a child diagnosed with Autism and those who are seeking more information on the topic of Autism. For more information call Holly Tucker at (607)425-1706

#### ***Early Head Start Socialization***      **October 27— 10-11:30 AM**

Please contact Peggy Miles of Pro Action/ Head Start at (607) 776-2125 for more information.

#### ***The Dad's Den***

This group is perfect for any father, uncle, or other active male figure in a child's life! The group is activity-based for both child and adult to attend. This group is currently looking for a male leadership. Please contact Brooke if you are interested in helping recruit some men or plan our activities. We would like to get this group active again real soon!

### **ONGOING ACTIVITIES**

#### ***"Parenting with Heart"***

A new round will begin in October for "Parenting with Heart". Please contact Brooke if you are interested in being put on the registration list for this ten-week course.

***Afternoon Fireflies Stories and Crafts-*** Come in and enjoy new stories and crafts Thursday afternoons each week!

***Craft of the Week-*** Please note that each week the PRC provides different materials for design and creativity. The purpose of these materials is to introduce children to new textures, ideas, fine motor skills, and endless possibilities! We strive to encourage process, meaning the journey through the project, over product, meaning finished result, however there are suggestions for what the materials could be. All materials are available due to generous donations and local community support. Enjoy them with your child!

### **EVENTS, ACTIVITIES, AND FAMILY EDUCATION OPPORTUNITIES**

#### **October 1 & 29 – \*\*CLOSED\*\* for Staff Development**

Parenting with Heart/ T.E.P.E Training

#### **October 13 — *Pumpkin Patch Field Trip @ 10***

Join for our Smithome Farm Pumpkin Patch field trip. We will be leaving the PRC at 10 AM by school bus. Families that would prefer to meet us at the pumpkin patch may do that. Space is limited to the first 25 pre-registered children. You must pre-register at the PRC! See "Fall Family Fun" page for more details.

#### **October 21 — *PRC Annual Halloween Party @ 5:30-7***

Join us for our Annual PRC Halloween Party at the PRC! Snacks and goodie bags will be served along with a costume contest and creepy creatures from Tanglewood Nature Center. Space is limited to the first 30 children. You must pre-register at the PRC! See "Fall Family Fun" page for more details.

#### **October 7,14,21,28 @ 4:00-4:30 *Snacks with Lea***

Join Lea from Cornell Cooperative Extension for some fun cooking and nutrition information!

#### **October 18,25— 10-12 AM *"Parenting with Heart"***

This parenting series offers an informal round table discussion setting in which parents will discuss a variety of parenting topics. This is a ten week course where you decide what you will learn. The PRC is proud to be part of this collaboration in conjunction with The Family Enrichment Collaborative and TEPE Training Institute.

#### **October 5 & 7 4:30-7:30 PM**

#### ***Flexible Families: Parenting Through Separation and Divorce***

This is a program that helps reduce the impact and long term effects of divorce or separation on children by teaching their parents how to contain conflict and act in the best interest of the child. This course encourages effective communication, problem solving, and conflict resolution. Contact Julie Matusick or Brooke Bennett to register or to ask for more information. Pre-registration is required. There is a sliding fee scale for this class.



# Nonnie Hood Parent and Family Resource Center

300 Civic Center Plaza  
 Corning, NY 14830  
 607-936-3837

[www.nonniehoodprc.org](http://www.nonniehoodprc.org)







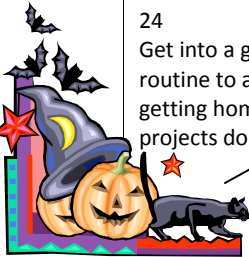
October 2010

Wednesday & Friday: 8:30 am- 3:00 pm

Tuesday: 8:30 am- 3:00pm

Thursday: 12:00 pm- 7:00 pm

Saturday: 10:00 am-1:00 pm

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>IDEAS</p> <p>Pack lunches the night before to avoid the morning rush.</p>					<p>1</p> <p><b>CLOSED</b> for Staff Development!</p>	<p>2</p> 
<p>3</p> <p>Write notes or send pictures in your child's lunch box to let them know you are thinking of them!</p>	<p>4</p> <p>Closed</p> <p>Early Head Start 10-11:30</p>	<p>5</p> <p><b>NEW FALL HOURS BEGIN!</b> Parenting with Heart 6-8 PM-Final Class</p> <p>Flexible Families 4:30- 7:30</p>	<p>6</p> <p><b>Parachute Play @ 2</b></p>	<p>7</p> <p>Afternoon Fireflies: Stories and Crafts Snacks with Lea @ 4</p> <p>Flexible Families 4:30- 7:30</p>	<p>8</p>	<p>9</p> <p>Birthday coming up? See if your special day is still available!</p>
<p>10</p> <p>Keep open communication with your child's teacher and if you have extra resources ask the teachers if there is anything they need.</p>	<p>11</p> <p>Closed</p> <p><b>Columbus Day</b></p>	<p>12</p> 	<p>13</p> <p><b>Pumpkin Patch Field Trip @ 10</b></p>	<p>14</p> <p>Afternoon Fireflies: Stories and Crafts Snacks with Lea @ 4</p>	<p>15</p>	<p>16</p> 
<p>17</p> <p>Practice your address and phone number with your child in case of bussing mishaps.</p>	<p>18</p> <p>Closed</p> <p><b>New Round</b> Parenting with Heart 10-12 AM Autism Support Group 6-8pm</p>	<p>19</p>	<p>20</p> 	<p>21</p> <p>Afternoon Fireflies <b>5:30-7 PRC Annual Halloween Party</b></p>	<p>22</p> 	<p>23</p> <p>The PRC can be rented for parties, showers or reunions!</p>
<p>24</p> <p>Get into a good night time routine to avoid not getting homework or projects done.</p>	<p>25</p> <p>Closed</p> <p><b>New Round</b> Parenting with Heart Early Head Start 10-11:30</p>	<p>26</p> <p><b>Parachute Play @ 2</b></p>	<p>27</p>	<p>28</p> <p>Afternoon Fireflies: Stories and Crafts Snacks with Lea @ 4</p>	<p>29</p> <p><b>CLOSED</b> for Staff Development!</p>	<p>30</p> <p>Whatever the occasion , let the PRC be your second home to gather in!</p>
<p>31</p> 						



# Free, Fall Family Fun!!\*

## YOU MUST SIGN UP IN ADVANCE AT THE PRC FOR BOTH EVENTS!

### Pumpkin Patch Field Trip— Smithome Farms

Date: Wednesday, October 13th

Time: Meet at the PRC at 10am for school bus ride to Smithome Farms (Rte 352)

Details: Space is limited to the first 25 children that sign up. Children must be accompanied by an adult caregiver. The field trip includes a small pumpkin to take home, a hayride, a haystack treasure hunt, a gourd or indian corn to take home. Immediately following the field trip, a pizza lunch will be provided on-site at Smithome Farms.

### PRC “Spooky” Halloween Party

Date: Thursday, October 21st

Time: 5:30pm-7pm

Details: Space is limited to the first 30 children that sign up. Children must be accompanied by an adult caregiver. We will be introduced to some ‘creepy creatures’ from Tanglewood Nature Center. We will have some yummy treats to share with the group, and ask that families bring in a store-bought snack to share as well. Children should come dressed in costume as we will again have our costume contest. At the end of the evening, staff will pass out goody bags, which will contain, among other things, a free book!

\*Our free, fall family fun is made possible by a grant from The Community Foundation of Elmira-Corning and the Finger Lakes, Inc.

### What influences your child's development?

**Temperament** Some kids are daredevils: the first to climb onto the coffee table to see out the window and -- later -- the first to jump off the diving board. They're frequently the ones who walk early. More cautious kids often want to know they can do something well before they do it all.

**Natural strengths** Think of your own family -- is there one person who's particularly good at writing or loves to build things? Individual fortes can show up as early as age 1, so a child who talks early may well end up being a talented writer or orator. This doesn't mean that children who are late bloomers in these areas won't thrive in them eventually, though.

**Siblings** Kids with an older sib often reach milestones sooner than expected because they push themselves to keep up. On the flip side, having an older sibling may also mean that milestones come late -- if, for instance, a child has an older brother or sister who gets his toys for him rather than letting him get them himself. So sometimes you'll need to act as a referee, reminding your older child to let his brother try things by himself or not to push him too hard to do something he's not ready for yet.

#### **Premature birth**

Babies born early often take longer than others to reach milestones, but by age 2 they usually catch up to their peers. In fact, pediatricians say that when gauging a preemie's development, parents should begin counting from the child's due date, not from his birth date. So a child born three months early should be expected to reach at 6 months the milestones of a 3-month-old.

#### **Easing your worries**

Milestones are often a source of stress for new moms, particularly if they focus too much on checking off items on a development chart rather than simply enjoying the glorious journey of their child's growth. How to stop the worries:

**[Back away from the computer.](#)**

**[Stop comparing your baby to others.](#)**

**[Seek help in extreme cases.](#)** .