



Family Resource Centers
PENN VALLEY SITE

FEBRUARY 2020

10862 Spenceville Road,
Penn Valley
Located on Ready Springs
School Campus
Turn right at the campus
stop sign, we are located
in the 2nd portable
(530) 432-1118 x249
M - F 9:00 to 4:00

OUR SERVICES

- CLOTHES CLOSET
- FREE DIAPERS
- LENDING LIBRARY
- COMPUTER LAB
(INTERNET ACCESS, FAX,
PRINTER, COMPUTERS)
- CAREER DEVELOPMENT
SUPPORT
- PARENTING CLASSES
- WEEKLY PLAYGROUP
- COMMUNITY RESOURCES
& REFERRALS

OUR FUNDING PARTNERS



We will be closed on Friday February 14th and Monday February 17th in observance of Presidents' Day weekend.

STORY TIME AT THE FRC



Every Wednesday Ms. Laurie host Story Time at the FRC from 10 to 11:30. We welcome parents and their children from birth to 5. Story Time features stories, crafts, movement, playtime, and snack. We look forward to seeing you and your little ones!

Drop-ins are welcome!
Call 432-1118 x249 for more info

Please note that Story Time will not be held on February 26th.

FREE TAX ASSISTANCE



SCHEDULE YOUR
FREE TAX ASSISTANCE
APPOINTMENT

400 Idaho Maryland Road
Grass Valley
MO: 9am to 3pm

Need some help filing
your taxes this year?

The AARP Tax Aide volunteers are gearing up to provide preparation services and electronic filing of both Federal and California tax returns for folks with low and middle income. Let AARP help! The Tax Aide group can handle most common personal tax returns, including those that have salary, interest, dividends, itemized deductions, pension, IRA withdrawals, capital gains, or stock transactions.

Appointments are **required** and available Feb. 1st thru April 15th
To schedule your appointment please call 211

PARENT TO PARENT COFFEE GROUP

A place for parents of students with Special Needs to come together

Why Come?

By finding other parents who are facing, or have faced, the same issues, many parents feel better able to navigate a path to support their children. Come to find resources and support, have a safe place to talk, share ideas, value development, and form friendships.

Share success stories and let us know what has been working within the school district as well as what is not. Share ideas on how to support our children meet the educational curriculum as well as how to support the staff that work with our children every day.

When? Feb. 22 9:30 to 10:30
Held monthly
Where? Caleb's Creamery & Coffee
17329 Penn Valley Drive

No registration required. Family, friends, and staff are welcome. This is open to anyone and everyone.

To find out more and when the next group will be held, contact Nathan, Community Advisory Committee
530-788-2355

Overcoming Sleep Battles

Perhaps the single hardest aspect of parenting is trying to be present for the child's sleep experience - at precisely the time when the parent is most depleted. Impatience may take over. "I KNOW that you're tired, so hurry up and go to sleep already!" While understandable, this attitude may convey anxiety and concern to the child.

Instead of anticipating a battle or projecting that it will be difficult, have confidence that the child will developmentally improve and sleep will come more easily.

PARENTING PARTNERS

Parenting Tips with Annie



Annie Keeling,
MFA

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How we talk about sleep - "fall" asleep, "go" to sleep, or "putting the child down" - doesn't make sleep sound restful or peaceful at all. Instead, replace the word sleep with "rest." You can say, "It's time to rest now." Rest will eventually lead to sleep. A rested child copes better than a tired child. He plays for longer periods and is far more relaxed and focused. Here are some essential ideas to improve your child's length of sleep:

- Be a Curious Detective in the sleep arena. Protect against over stimulation. Look at the day in order to help with sleep at night. Determine if there is a good balance of active and calm experiences. Where can you create predictability and slow the pace? Do you have a calm, peaceful attitude or are you stressed and rushing? This transfers to your child.
- Provide opportunities for lots of fresh air and free movement/play.
- Over-tiredness can cause sleep resistance. Provide space for comfortable naps. An earlier bedtime may be helpful. It takes sleep to make sleep.
- Night-time habits. Early on, many parents get into certain habits, perhaps touching or rocking the child to get them to sleep, tying the parent into the sleep process. Sometimes, the child does better if the parent leaves the room. If your child is not used to this, try sitting nearby in a chair that you move closer to the door each night.
- Give the child a ritual parting phrase: "You are safe. You are loved. You are sleepy." Then let the child know that you will be nearby. Establish a healthy routine and habits that work for the whole family, not just the child.
- Concern about sleep transfers to the child. How can you mitigate your concern? If the issues are common, take a parenting class or discuss with a parent you trust and admire. Seek out professional consultation if your reasons for concern continue.

Annie Keeling, MFA, is the Parenting Specialist for Nevada County Superintendent of Schools. She teaches parenting classes throughout the year. Contact Annie to find the next class near you: akeeling@nevco.org or 530-268-5086.

OUR LENDING LIBRARY

We have a dedicated section in our Lending Library for Accelerated Readers books.

Each book is marked with the reading level and point worth.

Come in and check out our selection of books for all ages! We have something for everyone and it is open to community.

PARENTING CLASSES IN 2020

NURTURING PARENT 8 WEEK CLASS

Annie Keeling, our Parenting Specialist, will be teaching another parenting class! Annie will help you put some great new tools in your parenting tool box! These tools will help reduce family stress, become a more confident parent, create an organized, orderly family routine with ground rules that everyone knows & follows and enjoy a more harmonious family environment.

DIAPER PROJECT

We have FREE packs of diapers that you can pick up weekly!

These diapers are supplied by the Nevada County Diaper project, their mission is to help supply diapers to anyone who is need of diapers



Call Annie to register: 530-268-5086
Cost: \$35 (scholarships available)
Pizza & childcare provided
Space is limited, so register today!

Grass Valley:
Tuesday Nights
March 24th - May 19th 2020
Grass Valley Charter School
225 S. Auburn Street, Grass Valley
5:30 to 7:30pm

You do not need to be a part of these schools to attend. Our parenting classes are open to all who wish to attend. We look forward to seeing you in January.

COMMUNITY CLASSES

connecting point
community services central



Free!

February Classes

CPR and First Aid

February 7th
9am - 3:30pm

Earn your certificate!

Diabetes Self Management

February 11th to March 17th
2pm - 4pm

Chair Yoga

February 24th to March 9th
3:15pm - 4pm

Bus Basics

February 26th
3pm - 4:30pm

Learn to ride the bus!

Register online at
connectingpoint.org/events or by
phone, call Karen 274-5601