



Family Resource Centers
PENN VALLEY SITE

MAY 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) 268-5606
(530) 278-8257

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



Hi there! We are still here to support you and your family! We ask that you please call to set up a time to access our services, like the Diaper Project.

Please call 268-5606 or 278-8257 to set up a time to access these services. We are not taking walk-ins at the moment. But we can arrange a time for you to pick up what you are needing. Stay safe and healthy!



STORY TIME WITH LAURIE

Due to Social Distancing our Story Time playgroup has found a new way to connect using Zoom. The children's faces lit up as they saw their friends. During sharing time, we learned about each other's stuffed animals. Reading stories, singing songs, and playing instruments are fun when we can see and hear our friends. The children showed me, that you can raise your hands to share, express how happy we are to see each other, and have special unicorn backdrops.

Please call Laurie, 530-278-8257 if you would like to receive the Zoom invite. Our playgroup is for families with children from 0 to 5 on Wednesdays at 10 am.

Let us keep finding ways to socialize and play, during COVID-19.



your connecting point

Needing more resources to support you during this time? Call 2-1-1 and they can connect you to those resources to support you and your family or visit their COVID-19 resource page

211connectingpoint.org/nevada-county/covid-19

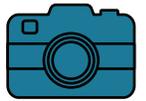
The CPR's of Parenting

When you try any new parenting strategy with your child, it will take more than the first few times for them to understand what you want. To breathe life into any parenting idea, it's important to give each technique some CPR:

1. Consistency
2. Patience
3. Repetition

Consistency is an action that happens again and again. We hear this all the time as parents. Be consistent. As much as we are asking our children to repeatedly practice certain behaviors, we can take this to heart with our parenting. It takes practice to be consistent. Over and over again, we try. I don't think we can hear it enough. Be consistent. Make a commitment for 10, 20, or 30 days.

Patience takes practice. If I could clone one skill from my favorite parenting friend who seems to have it all under control, it would be her patience. I am a quick-fire person, meaning I am reactive. Not so good in the parenting arena. I can't make an emotion stop, but I can choose my response. So, I practice. I practice at patience in small doses and am so thankful when those patience neurons fire. I make that groove in my brain deepen every time I practice. **Repetition** is good. That's what they say in child development classes. Repetition is good. Repetition is good. Children learn at a different rate from adults. When you try anything new with your child, it will take more than the first few times for them to understand what you want. They are quick learners, but they also have a lot of stimulation coming in on any given day. We can help by having them repeat the learning of respectful behaviors. We are also helping them to wear new behavior into those grooves in their brain.



FREE GRADUATION PHOTOS

Kial James, local photographer is offering a fantastic gift to all grads-8th, high school and college. A free 8x10 portrait to capture the Lost Year. Please take a look at his website for more information www.kialj.com/grads/ You may know his work from Nevada County Scenics.

Cinderella Project is supporting his efforts by offering prom dresses-with all safety guidelines adhered to-if students want to have a dress for their portrait. They are able to support financially since they aren't buying prom tickets,etc this year. www.nccinderellaproject.org/

PARENTING PARTNERS Parenting Tips with Annie



Annie Keeling, MFA