



KIDSTEPS

Family and Children's Center

A Division of SARAH, Inc

Spring Brochure 2011



Find us on Facebook

We are on the Web
www.sarah-inc.org

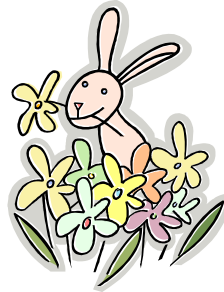
Making strides to support, educate and advocate for differently-abled children, their families and friends.

51 Boston Post Road, Madison, CT 06443
E-mail: kidsteps-fcc@sarah-inc.org

Phone: (203) 318-3692, x2
www.sarah-inc.org

Welcome to KIDSTEPS Family and Children's Center! We hope that our programs at FCC will be educational and fun for the whole family. Our center offers a unique, safe and accepting environment for parents/caregivers and their children to participate in small group activities and workshops. All program instructors accept and respect diverse needs and learning styles.

Please call if you would like information about community resources, child development, parenting or other program needs. We look forward to meeting you and your family as we welcome the long awaited warmer weather.



The KIDSTEPS Family and Children's Center is a division of SARAH, Inc. Our mission is to meet the needs of families concerned about their child's social, emotional, physical development and educational success. SARAH, Inc. and all of our programs do not necessarily promote or endorse any particular viewpoint or service.

We provide a therapeutic, integrated, and inclusive learning experience for differently-abled children (ages birth to 12), their families, and typical peers.

Our programs are open to all children.

NOTE: All sessions are held at KIDSTEPS (located in Madison), unless otherwise indicated in program description.



Parent/Child Classes

Sense-sational Learning (2-3 yrs. old)

Dates: Wednesdays, April 6, 13, 27, May 4, 11

Note: No class on April 20.

Time: 9:30-10:30 a.m.

Fee: \$75 for 5 sessions

Instructors: Gena Murray, M.S.,OTR/L, Occupational Therapist and Kathy Fadel, M.S., Child Life, E. I. Associate

Children learn best when all of their senses are engaged. Join us in this facilitated playgroup for children ages 2-3 and their caregivers as we participate in a variety of sensory motor play and learning activities. Sessions will include opportunities for discussion, questions and follow up suggestions

Baby Sign: Enhancing Communication for Infants, Toddlers and Preschool Children (Birth to 4 yrs. old)

Dates: Mondays, April 4, 11, 18, 25, May 2, 9

Time: 9:30-10:15 a.m.

Fee: \$80 for 6 sessions

Instructor: Eileen D. Baker, M.E.D. Consultant

Research indicates that infants and toddlers can communicate before they are ready or able to speak. Exposing young children, including those with language delays and disabilities, to another language (Baby Sign) is an effective and positive bridge to recognize their often challenging, non-verbal needs. Parents/caregivers must attend classes with their child.



Children's Classes/Groups

Artistic Expressions (girls 9-12 years old)

Dates: Thursdays, April 7, 14, 21, 28, May 5, 12

Time: 4:00-5:00 p.m.

Instructor: Nicole Kras M.A., M.S., C.A.G.S.

Fee: \$60.00 for 6 sessions

Nicole Kras is an art therapist, college instructor and former elementary school teacher. She currently offers art therapy sessions for both children and adults at the Shoreline Center for Wholistic Health in Guilford.

Artistic Expressions is a creative art group for girls ages nine through twelve. It is designed to promote creativity, relaxation, and self-expression. Participants will be actively engaged in art directives using various art media. Discussion topics may include making friends, sensitivity to others, conflict resolution, and building self-confidence.

- Week 1 Multi-Media Self-Collages
- Week 2 Painting to Music
- Week 3 Inside/Outside Boxes
- Week 4 Mask Making
- Week 5 Open Studio
- Week 6 Group Mural



Parent/Child Classes/Groups

My Time: Toddler Preschool Preparation Program and Parenting Workshops (1-3 yr olds)

Dates: Tuesdays, March 22, 29, April 5, 12, 19, 26, May 3, 10, 17, 24, 31, June 7

Time: 9:30-11:00 a.m.

Facilitators: Amy Mason–Mann and Barb Baycroft

Fee: \$225.00 for 12 sessions

Help nurture your child's budding independence by encouraging separation in a fun and safe environment. Children will participate in a preschool preparation program where they will begin to learn to follow a routine, listen to directions, and increase their attention span. They will also enjoy activities designed to develop the skills to play independently and together. At the same time, parents come together to share the experience and learn about the developmental issues around separation, how to encourage play, develop effective discipline strategies and much more! Open discussions are welcome and encouraged.

**Amy-Mason Mann is an Early Childhood Educator with a BS in Child Psychology and an MSED in Infant and Parent Development and Early Intervention from Bank St. College of Education. She has over 20 years of experience working with families with young children including the design and implementation of several successful preschool preparation programs.*

**Barb Baycroft has over 25 years experience as a Children's Mental Health Worker and Parent Coach. Her focus is on assisting parents to find strategies that work for them, their children, and their families. Barb also facilitates the Practical Parenting workshops for the Family and Children's Center.*

NOTE: All sessions are held at KIDSTEPS (located in Madison), unless otherwise indicated in program description.



Parent/Caretaker Workshops

Running On Empty *Increasing your energy when you can't decrease your workload.*

Date: Monday, March 21

Time: 6:30-8:00 p.m.

Location: KIDSTEPS

Fee: \$10.00

Instructor: Barb Baycroft

Using structured activities and informal discussion, parents have the opportunity to find new ways to look at old problems and bring about the changes that they are looking for in their homes.

Baby Sign: Enhancing Parent/Child Communication

Date: Wednesday, March 23

Time: 7:00-8:30 p.m.

Location: KIDSTEPS

Fee: \$15

Instructor: Eileen D. Baker, M.E.D. Consultant

Research indicates that infants and toddlers can communicate before they are ready or able to speak. Exposing young children, including those with language delays and disabilities, to another language, Baby Sign, is an effective and positive bridge to recognizing their often challenging non-verbal needs. Parents will be introduced to sign language that will help with everyday communication needs. Upon request, follow up workshops will be scheduled.



Parent/Caretaker/Teacher Workshops

Strategies and Accommodations for Students with Learning and/or Attention Difficulties

Presented by Connecticut Parent Advocacy Center (CPAC)

Date: Monday, April 4

Time: 6:30 p.m.

Location: SARAH in Action, 51 Boston Post Rd., Madison

Fee: Free

NOTE: All participants must register **IN ADVANCE** through CPAC.

Participants will learn what accommodations and modifications are and how they support students with ADHD, LD and other learning difficulties. Scientifically Research-Based Interventions (SRBI), IEPs, 504 plans and assessment accommodations will be discussed as well as strategies for home and life after school. Participants will leave with easy-to-use strategies and ideas.

Registration is required by March 31st. Please contact CPAC at 1-800-445-2722 or cpac@cpacinc.org for more information or to register.





Parent/Caretaker/Teacher Workshops

CPR & First Aid Training

Dates: Wednesday, April 6

Time: 5:30 - 8:30 p.m.

Location: KIDSTEPS

Fee: \$50 per person

Instructor: Julie O'Connell, Certified American Heart Assoc.
Instructor

This Heart Saver CPR class teaches how to perform Cardio-Pulmonary Resuscitation (CPR) on adults, children, and infants, as well as how to help someone who is choking. The program is designed for families, friends, and members of the community who want to learn CPR. First Aid training is included in this class. Participants will be mailed a CPR certificate (already included in the session fee) after completion of the 3 hour training.





Ongoing Programs

Parent Chat Groups

Parents meet weekly to discuss topics of interest to the group. Information and resources are available upon request. Come join the fun and share ideas with parents who have similar concerns and interests.

Parent Chat is presented in partnership with the CT Family Support Network. In an effort to meet the ongoing needs of our families, there are two sessions of Parent Chat offered each week.

Date: Tuesdays, ongoing

Time: 6:30-7:30 p.m.

Location: Women and Family Life Center
96 Fair St., Guilford.

Facilitator: Deborah Pagano of the CT Family Support Network

*Childcare is not offered at this session.

Date: Thursdays, ongoing

Time: 9:30-10:30 a.m.

Location: KIDSTEPS

Facilitator: Deborah Pagano of the CT Family Support Network

*Free childcare is offered at this session.

NOTE: All sessions are held at KIDSTEPS (located in Madison), unless otherwise indicated in program description.



Early Childhood Workshops For Daycare and Pre-School Teachers

These workshops are designed to help teachers and specialists meet the needs of students, especially those who require alternative behavioral strategies as well as enhance the skills of students who do not appear to have special needs. This exciting series of professional development workshops designed especially for preschool teachers and childcare providers will introduce important skills and new ideas you can use tomorrow. Workshop topics will give teachers new tools that will enhance understanding of child behavior and development and increase home/ school communication. Workshops for daycare and pre-school teachers are developed to meet the needs of ongoing staff development. Parent workshops are also available. A planning meeting can be scheduled to discuss workshop needs. Please call for additional information.

Time: 6:00 –7:30 p.m.

Location: SARAH in Action, 51 Boston Post Rd., Madison

Fee: \$30 per workshop (\$125 for all 5 workshops)

Instructor: Marian Roy, M.S.

1) [Strategies for helping children who exhibit difficult to manage behavior](#)

Date: Tuesday, April 12

2) [Identifying and preventing bully-like behavior in young children](#)

Date: Thursday, April 28

3) [Helping the distracted child](#)

Date: Tuesday, May 10

4) [Observing and recording behavior of young children](#)

Date: Tuesday, May 24

5) [Developing behavior plans](#)

Date: Tuesday, June 14



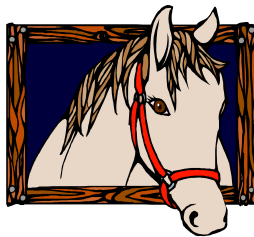
Other Programs of Interest

The following program is not being sponsored nor conducted by SARAH, Inc. KIDSTEPS, and is being provided to you for informational purposes. For further assistance in signing up for this program, please contact the organization directly.

Therapeutic Horseback Riding

Hilltop Therapeutic Riding Program, Inc. offers therapeutic horseback riding, education about horses, and the opportunity to learn how to care for and develop a relationship with a specific horse. Offered for individuals with cognitive, neurological and psychological concerns. Riding instruction is offered to individuals from the age of 4 years old and up (no one is too old!). Individuals may be subject to an evaluation by program instructors prior to riding. Riding sessions are \$45.

Hilltop TRP is located on the grounds of the Killingworth Equestrian Center at 552 North Roast Meat Hill Road in Killingworth, CT 06419. For more information, please contact Brian Fitzsimmons, Ph.D., at 860-452-0527 or their website: www.hilltoptrp.org





REGISTRATION FORM - Spring 2011

Parent/Guardian Registration/Information:

Names: _____

Address: _____

Home Phone: _____ (_____) _____

E-mail address: _____

Please add my name to your e-mail list

Child(ren) Registering for Workshops:

Name 1: _____ Age: _____

Name 2: _____ Age: _____

Please list any allergies the child(ren) may have, as well as any accommodations that may be required:

How did you hear about our program?

- | | |
|--|--|
| <input type="checkbox"/> Friends/Family | <input type="checkbox"/> Newspaper/Media |
| <input type="checkbox"/> Internet/website | <input type="checkbox"/> School |
| <input type="checkbox"/> My family's physician | <input type="checkbox"/> Attended past workshops |

In the event of an Emergency, please contact:

1st Name: _____

Ph #: _____ Relationship: _____

2nd Name: _____

Ph #: _____ Relationship: _____

✓	Name of Workshop	Fee
	Baby Sign	\$80.00
	Sense-sational Learning	\$75.00
	Artistic Expressions	\$60.00
	CPR/First Aid	\$50.00
	Baby Sign Parent Workshop	\$15.00
	Practical Parenting: Running on Empty	\$10.00
	My Time— playgroup and parent workshop	\$225.00
	Workshop #1—Difficult to Manage Behavior	\$30.00
	Workshop #2— Identifying and Preventing Bully-like Behavior	\$30.00
	Workshop #3— Helping the Distracted Child	\$30.00
	Workshop #4— Observing and Recording Behavior	\$30.00
	Workshop #5— Developing Behavior Plans	\$30.00
	Discount for attending all 5 Workshops with Marian Roy	-\$25.00
	Strategies and Accommodations for Students (CPAC)	No Fee
	Parent Chat Group	No Fee
Total Fees Due for Workshop(s):		\$
* Tax Deductible Donation:		\$
TOTAL AMOUNT ENCLOSED:		\$

Please make checks payable to: SARAH, Inc.

Mail registration form & payment to:

KIDSTEPS Family & Children's Center
51 Boston Post Road, Unit 9 ~ Madison, CT 06443

Please Note: No one will be turned away due to an inability to pay. Scholarships and reduced fees are available for families/caregivers. Please contact us at FCC for more information.

**** SARAH, Inc. is a 501(c)(3) non-profit agency. Fees cover basic costs of workshops. Additional contributions are tax deductible and help support scholarships and continuing programs and are greatly appreciated.***

*We ask that you please share the information in this brochure with others who may be interested in attending classes and/or joining our mailing list. We are also on the web:
http://www.sarah-inc.org/family_children.html*



KIDSTEPS Family & Children's Center Policies

Attendance:

Please contact our office (in advance, if possible) to let us know if you or your child is unable to attend a registered workshop or class.

Refunds:

Refunds will only be given if a workshop/class has been cancelled by our office.

Inclement Weather:

In the event of inclement weather, please contact our office to determine whether a workshop or class has been cancelled. All cancellations will be made by our office at least 2 hours prior to the start time of the scheduled session.

Questions/suggestions/comments

Contact: Kathy Fadel (203) 318-3692, ext. 2 OR
kidsteps-fcc@sarah-inc.org



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