

Alpine Play & Learn

-Friends -Toys -Arts & Crafts
-Play Time -Healthy Lunch

Play & Learn is a FREE playgroup for children, birth to five, and their parents or caregivers. Children will enjoy a variety of fun and educational activities and parents or providers will receive information, support, and ideas to use at home.

Play & Learn will be held from 10:30 a.m. to 12:30 p.m. on two **Tuesdays** a month.

We meet at:

Choices for Children, 100 Foothill Rd. Suite D-6 in Woodfords

Lunch Provided

Every participant will receive a small incentive for attending

Winter/ Spring 2009

Date	Topic
February 3	Nurturing Creative Play –Join the discussion on how to promote hands-on, imaginative play.
March 3	Be their “Coach” not the “Cop” –Help your children develop skills to resolve their conflicts.
March 17	The Joys & Challenges – Looking at the two sides of raising children.
April 14	Turn off the TV- Come and learn ideas on how to limit screen time and other activities or materials to offer in it’s place.
April 28	Earth Day is Everyday- Explore ways to stay connected to nature and help your children learn how to be good stewards of the earth.
May 12	Confidence Builders- Learn the best ways to acknowledge children’s efforts and accomplishments.
May 26	Boredom Busters – Join us for a morning exploring options to keep your kids active and creative during the long, warm days of summer. Bring your challenges and best remedies to share.

Children’s activities are facilitated by Rachael Brothers, Children’s Teacher. Parents and providers will enjoy sharing ideas and information with Carol Ledesma, Certified Parent Educator

530-694-2129