**August Zoom Parenting Classes**

**Tuesday, August 4, 2020, 2:00 PM with Donna Alliston**

 **“Fun in the Kitchen with Your Kids”**

**Participants are introduced to how cooking with their children is fun and educational. Nutrition, math concepts, safety, and reading are incorporated into the recipes as well as a delicious outcome.**

**Wednesday, August 5, 2020, 10:00 AM with Suzann Hernandez**

**“Preparing Your Child for School”**

**Starting school can feel overwhelming for children and parents – but there are steps to make the transition as smooth as possible. Tips will be shared on preparing children to be confident, curious, and cooperative for school.**

**Tuesday, August 11, 2020, 2:00 PM with Donna Alliston**

**“Money Management Is A Family Affair”**

**Money or the lack thereof is a troublesome aspect of life. In this class participants will look at ways to determine how they use their money and ways to manage it more wisely.**

**Wednesday, August 12, 10:00 AM with Suzann Hernandez**

**“Early Relationships: Key to Brain Development”**

**Explore the important role parents play in early relationships and brain development. Activities will be shared to guide parents in interactions that build the brain and relationships in infants and toddlers.**

**Tuesday, August 18, 2020, 2:00 PM with Donna Alliston**

**“Nature: Intriguing and Awesome”**

**Nature is intriguing and awesome, and in this class, participants will have an opportunity to think about some bugs and critters that we see every day but may not know anything about them. The purpose is to build an awareness of life around us and to grow an appreciation for each insect or critter.**

**Wednesday, August 19, 2020, 10:00 AM with Suzann Hernandez**

**“Every day Experiences Make Great Brains”**

**Celebrate the role you play in the development of a child’s brain as you provide a loving environment for children to thrive. Experiences provide connections for brain development.**

**Tuesday, August 25, 2020, 2:00 PM with Donna Alliston**

**“Infant and Toddler Social and Emotional Development”**

**Participants are presented with ideas, information, and activities that support their role in the positive and appropriate expectations of their children.**

**Wednesday, August 26, 2020, 10:00 AM with Suzann Hernandez**

**“10 Tips for Parenting”**

**Each family is unique. 10 parenting tips will be shared that will help strengthen each family.**