

September Parent Newsletter

Back to School!

For some families, the kiddos aren't the only ones going back to school! Learning is for everyone. We included parenting education classes, grants for pregnant and parenting students, and tips on saying goodbye that can help the entire family get excited about going back to school!

Parenting Education Classes at LBCC

Family Connections at LBCC connects parents with community resources through Pollywog. Enjoy new songs, games, and activities with your child. Meet other parents and children in your community. Learn how to support your child's amazing development. Cost varies, and tuition assistance is available.

Live & Learn classes offer:

- A place to learn more about being a parent
- A chance to get to know other parents in your community
- A time for your child to learn and play with other children

- Live and Learn with Your Baby
- Live and Learn with your Wobbler
- Live and Learn with your Toddler
- Live and Learn with Your Two-Year Old
- Live and Learn with your Preschooler
- Live and Learn Discovery Lab
- Creative Development



Register online at www.pollywogfamily.org or call Family Connections/Pollywog at 541-917-4884

Pregnant & Parenting Students Program

Are you an LBCC student and pregnant or a parent? The Pregnant & Parenting Students Program at Linn-Benton Community College provides information and resources students need to juggle school and parenting.

- Connects you to community resources.
- Helps you navigate college and financial aid procedures, and successfully plot your path to graduation.
- Invites you to parent lunches and child-friendly events.
- Facilitates your childcare search.
- Provides parenting tips and tools.

Email 4parents@linnbenton.edu or call Family Connections/Pollywog at 541-917-4901

So Many Goodbyes

Prepare Yourself for Transitions

Your attitude encourages your child's attitude because children learn by example. If you are unsure about enrolling your kiddo into a group program, your kiddo can start feeling uneasy too. It's important to feel confident in your decision to make the upcoming change something exciting for your child.

Create Comfortable Routines

It's not easy breaking a routine. If you usually have a cup of coffee in the morning, the whole day can feel strange without it. The same is true for all age groups.

Try this:

- Create a bedtime/morning routine
- Give yourself extra time on the first day
- Make the commute part of the routine (perhaps sing songs or talk about what you see on the drive)



Try this:

- When talking to the caregiver in front of your child, show confidence and enthusiasm for the person who will be taking care of your kiddo
- Sit down in the area and read a book together. Reading can reduce nerves, invite others to read too, and normalize the new environment
- Give your child a family photo or their favorite toy to comfort them during the first week or two

Prepare Your Child

Children feel more comfortable if they know what to expect. It may appear easier to step out of the facility while your child isn't watching you, but most children feel abandoned when this happens. Instead, telling your child, "I am leaving now, but I will be back" creates trust. It also helps your child learn that transitions are normal.

Information provided/inspired by "So Many Goodbyes" written by Janet Brown McCracken/NAEYC.



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