

Back to School for Parents

This time of year, kids are filling up new backpacks and heading off to school. But what about parents? Did you know that school is for parents too?

Taking classes to learn about parenting and child care helps you become a better parent and care for your children more effectively. You'll learn essential skills to understand your child's needs, behavior, and development. It will also teach you how to create a loving and supportive home, set routines, and positively handle discipline. Learning these things will make parenting less stressful and create a happier and healthier family environment.

Where to find classes?

Prenatal and Parenting Classes and Workshops

Prenatal and parenting classes aren't just for new parents. They're for everyone who wants to be a better parent. These classes can offer information and tools to help you become a more prepared and nurturing parent. They can give you strategies that you can apply in your everyday life, help you meet other parents who are going through the same experiences, and increase your confidence in your own parenting ability.

Parents who take a prenatal or parenting class:

- **Learn Better Parenting:** You'll discover smart ways to be an effective and nurturing parent and handle tricky situations with your kids.



- **Feel More Confident:** Get the knowledge and skills you need to feel more confident in your parenting abilities.
- **Know Your Kids Better:** You'll understand how your kids grow and change, so you'll know what to expect and how to help them at each age.
- **Talk and Solve Problems:** You'll learn how to communicate with your kids and solve problems together without shouting or fighting.
- **Meet Other Parents:** You'll meet other moms and dads who are dealing with similar experiences. You can compare notes and help each other out.

Pollywog can connect you to what your family needs!

- Are you expecting a baby and looking for a class to help you prepare for childbirth and breastfeeding?

- Do you already have a baby and hope to learn more about your child's needs, behavior, and development?
- Are you looking to take a class with your child to meet other families?

Pollywog is your source for prenatal and parenting education! We have many options on our website www.pollywogfamily.org/classes-and-workshops/, where you can search by your child's age and location.

The Pollywog Family Resource Specialist can help you sort through the options and find just the right class for you! She can also connect you to local agencies and resources for even more parenting support.

- [Community Doula Program](#)
- [Head Start and Early Head Start](#)
- [Healthy Families](#)
- [LBCC Parenting Education](#)
- [Parenting Success Network](#)
- [Relief Nursery](#)
- [Young Roots Oregon](#)

And many more!

Child Care Workforce Training

Did you know you can take classes to prepare to open a home-based child care business or work in preschool or infant/toddler programs? These classes can improve your parenting skills and open a new career pathway.

There are multiple options for becoming a Child Care Provider in the State of Oregon. To learn more visit the [Oregon Department of Early Learning and Care](#).

Many parents who have a home-based child care business find that they:

- **Spend More Time with Your Kids:** Running a home-based child care allows you to be with your own children while earning an income. You can watch over them and care for other kids at the same time.
- **Flexibility:** You can set your own schedule, allowing you the flexibility to balance work and family life
- **Extra Income:** Opening a child care business from home can be a good source of additional income for your family without needing a long commute or extra expenses.
- **Share Your Parenting Skills:** Your experience as a parent can be valuable to other families. You can use your knowledge to help other children learn and grow in a caring environment.
- **Professional Growth:** Running a home-based child care can also help you develop new skills, such as organization, communication, and problem-solving, which can be helpful in various areas of life.

Need classes, training, and support for your child care business? Visit the LBCC Family Connections [Fall 2023 Training Calendar](#).

Fall registration is open and LBCC classes begin September 25, 2023.





Early Childhood Education Career Pathway

- Do you love working closely with young children ages birth to six years of age?
- Do you want a meaningful career where you will make a difference in children's lives?
- Do you want a career path with advancement opportunities you can accomplish while working in the field?

People with training in Early Childhood Education are equipped to work directly with children and serve as leaders in educational and childcare programming. A few examples of job titles in this field include:

- Infant/Toddler Teacher
- Preschool Teacher
- Assistant Teacher
- Family Advocate
- Director
- Family Child Care Provider

Find the right program for you at [Linn-Benton Community College](#) or [Oregon Coast Community College](#).

 [Pollywog Facebook](#)

 [Pollywog Website](#)

 [Pollywog Instagram](#)

 [Pollywog YouTube](#)

Growing Care

Growing Care is a state-funded program that assists new home-based child care providers in Linn, Benton, and Lincoln counties. Are you thinking about starting a family child care business? Are you already providing in-home child care to others? Wherever you are on this journey, we can help your business thrive with up to \$15,000 in startup grants, free formal business training, college scholarships, and long-term mentoring/coaching through the licensing process and beyond.



Little steps.

Big Opportunities.

Grow your child care business, from home.

Are you thinking about starting a family child care business in Linn, Benton, or Lincoln counties? Are you already providing in-home child care to others?

Wherever you are on this journey, we can help your business thrive.

Check out www.growingcare.org or contact Family Connections at 541-917-4899.



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