

WINTER 2009



KIDSTEPS
Family and Children's Center
51 Boston Post Road, Suite 9
Madison, CT 06443

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KIDSTEPS Family and Children's Center

A division of SARAH, Inc.

WINTER BROCHURE 2009



Program Highlights:

- **Baby Sign**
- **Girls Night Out**
- **Group Guitar**
- **Handwriting Skills**
- **Music Together**
- **Parent Chat**
- **Parents as Play Partners**
- **Social Skills Groups**
- **Various Parent Workshops**

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

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

Phone: 203-318-3692
www.sarah-inc.org



Dear Families,

Welcome to the 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 are looking forward to meeting your family and providing support as we enjoy the warmer weather.

Sincerely,

Marian Roy

Marian Roy, M.S., counselor/educator
Family Support Coordinator

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.

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.

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.



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 or not a workshop/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?
Contact: Marian Roy 203-318-3692, ext. 2 OR mroy@sarah-inc.org



Parent/Child Classes

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

Dates: Feb. 16, 18, 20 - A winter intensive

Time: 10:00-11:00am

Fee: \$35 for 3 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 recognizing their often-challenging non-verbal needs.

Literacy-based Playgroup (3-4 yrs. old)

Dates: Wednesdays, Jan. 28; Feb. 4, 11, 25;
Mar. 4, 11

Time: 1:00-2:00pm

Fee: \$75.00 for 6 classes

Instructor: Barbara Lefkovich, M.S. Ed., early childhood educator

Enhance early childhood literacy and communication skills through the enjoyment of books. Classes will include diverse stories and related creative activities, such as art, songs and dramatic play. A program for preschool children, parents/caretakers, siblings.



Music Together (6 mo.-5 yrs. old)

Dates: Wednesdays, Jan 14, 21, 28; Feb. 4, 11, 25;
Mar. 4, 11, 18, 25

Time: 10:30-11:15 am OR 11:30-12:15pm (choose one session)

Fee: \$160 per session (10 classes per session)

(The cost has been reduced with support from the River Art Auction.)

Instructor: Carrie Howes, trained Music Together instructor

In each 45 minute class, parents/caregivers and children share songs, play an instrument, and engage in movement activities in a relaxed, playful, developmentally appropriate setting that supports and respects unique learning styles of young children. Differently-abled children are encouraged to participate.

✓	Name of Workshop	Fee	Office Use
	Baby Sign	\$35.00	
	Literacy-based Playgroup	\$75.00	
	Music Together - 9:30am class OR	\$160.00	
	Music Together - 10:30am class	\$160.00	
	Parents as Play Partners	\$60.00	
	Girl's Night Out / A Circle of Friends (2 sessions)	\$35.00	
	Group Guitar (10 sessions)	\$160.00	
	Social Skills Group: 6-8 yrs. old TUES session	\$225.00	
	Social Skills Group: 6-8 yrs. old WED session	\$225.00	
	Social Skills Group: 9-11 yrs. old	\$225.00	
	Supporting Handwriting Skills (8 classes)	\$160.00	
	ABC's of Feeding Your Child	\$10.00	
	Finances for Parents of Children w/Sp. Needs	\$ -0-	
	Helping the Child w/Difficulty Fitting In (Feb. 5)	\$ -0-	
	Helping the Child w/Difficulty Fitting In (Mar. 26)	\$ -0-	
	Parents Helping Parents	\$10.00	
	Total Fees Due for Workshop(s):	\$	
	*Tax Deductible Donation:	\$	
	TOTAL AMOUNT ENCLOSED:	\$	

*****Registration Deadline for all workshops is December 23rd*****

Please make checks payable to: SARAH, Inc.

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

Mail registration form & payment to:

KIDSTEPS Family & Children's Center

51 Boston Post Road, Unit 9 ~ Madison, CT 06443

*** 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.**



Registration Form - Winter 2009

Parent/Guardian Name(s): _____

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:

***** Please register by December 23, 2008 *****

How did you hear about our program?

- Friends/Family
- Newspaper/Media
- Internet/website
- School
- My family's physician
- Attended past workshops
- Other: _____

In the event of an Emergency, please contact:

1st Name: _____

Ph #: _____ Relationship: _____

2nd Name: _____

Ph: _____ Relationship: _____

Parents as Play Partners (2-3 yrs. old)

Dates: **Session 1:** Thursdays, Jan. 15, 22, 29, Feb. 5, 12
Session 2: Thursdays, Feb. 26, Mar. 5, 12, 19, 26

Time: 9:30-10:15am

Fee: \$60.00 per session (5 classes per session)

Instructor: Connie Warner, M.S.

Enjoy a facilitated playgroup for children aged two to three year old and their caregivers. Each session will focus on a different topic, such as Social Development, Communication, Discipline, Early Literacy, and Math/Science. Materials and activities relevant to each area will be available for exploration with an emphasis on age appropriate expectations. There will be an opportunity for discussion, questions and follow up suggestions.



Children's Classes/Groups

Girl's Night Out / A Circle of Friends (10-12 yrs. old)

Dates: Wednesdays, Feb. 25; Mar. 18

Time: 6:00-8:00pm (dinner included)

Fee: \$20 per session OR \$35 for 2 sessions

Instructor: Marian Roy and staff

Once a month (for two months in a row) girls will meet and engage in fun activities that encourage peer relationships and communication. Activities will include craft projects, games and themes related to friendship and being a girl. Girls with special needs are encouraged to participate in this fun activity.

Group Guitar (9-12 yrs. old)

Dates: Thursdays, Jan. 15, 22, 29; Feb. 5, 12, 26;
Mar. 5, 12, 19, 26

Time: 4:15-5:15pm

Fee: \$160 for 10 classes

Instructor: Jeff Sasso, M.A., Sp. Ed.; Guitar Instructor

Students will learn the basic techniques of playing beginning guitar. This group guitar class is offered to children eager to learn the basics of guitar playing. Learn how to tune the guitar and use chord charts to play songs. This group will be limited to a total of 4 students and will enable students with special needs to work with typical children in a supportive learning environment.





Ongoing Programs

Parent Chat *A parent/caretaker group - Free childcare is provided*

Date: Wednesdays, ongoing

Time: 9:20-10:20am

Fee: None

Facilitator: Marian Roy, M.S., educator/counselor

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.



Mom's Night Out

A time for mothers to take a break from the weekly routine, have fun, and chat with other parents about topics of interest or concern. Call the Family and Children's Center for specific event information.

Parent Coaching

This private one hour, parent-only session addresses individual concerns, such as parenting issues or child behavior issues. Call the Family and Children's Center to make an appointment.

School & Community Consultation / Inservice

In-service training and consultation is available. Topics may include (but not limited to) children with special needs, behavioral concerns, classroom management, teasing and bullying. Upon request, a planning meeting is scheduled to determine the content and extent of the consultation and training.

Please contact the Family & Children's Center for more information and/or to schedule an appointment with Marian Roy, M.S., certified counselor and administrator.

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

Social Skills Group (6-8 yrs. old)

Dates: Tuesdays, Jan. 20, 27; Feb. 3, 10, 24;
Mar. 3, 10, 17, 24

Time: 4:00-4:50pm

Fee: \$225 for 9 sessions

Instructor: Marian Roy, M.S., counselor/educator

These small group sessions enable children to interact and learn new skills with a group of appropriately matched peers. Sessions include a lesson targeting identified skills, cooperative play time (crafts, games, activities) and discussions organized to practice and enhance targeted skills. A parent briefing follows each session. A parent/child interview and an intake form are required prior to registration. All children who may benefit from a social skills group are welcome to participate in these sessions.



Social Skills Group (for 6-8 yrs. old)

Dates: Wednesdays, Jan. 21, 28; Feb. 4, 11, 25;
Mar. 4, 11, 18, 25

Time: 4:00-4:50pm

Fee: \$225 for 9 sessions

Instructor: Marian Roy, M.S., counselor/educator

Please refer to the description in previous group listing above.

Social Skills Group (9-11 yrs. old)

Dates: Thursdays, Jan. 22, 29; Feb. 5, 12, 26;
Mar. 5, 12, 19, 26

Time: 4:00-4:50pm

Fee: \$225 for 9 sessions

Instructor: Marian Roy, M.S., counselor/educator

This group will focus on increasing appropriate peer interactions and practicing skills related to getting along with peers and working cooperatively in a group setting. Fun social skills games and projects will provide activities to reinforce positive appropriate behaviors. A parent/child interview and an intake form are required prior to registration. All children who may benefit from a social skills group are welcome to participate in these sessions.

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

Supporting Handwriting Skills for School Success

(Kindergarten-2nd grade)

Dates: Wednesdays, Jan. 28; Feb. 4, 11, 25;
Mar. 4, 11, 18, 25

Time: 4:00-4:50pm

Fee: \$160.00 for 8 classes

Instructor: Karen Cole, M.S.,OTR/L - Occupational Therapist

This small group will focus on fine motor and handwriting foundation skills. The program will address efficient postural and pencil grasp skills. Visual motor and fine motor skills will be addressed to facilitate letter and word sizing, spacing and line usage. Parents are encouraged to bring their child to an individual screening in order to develop an optimal group plan and home program to compliment weekly sessions. Call to schedule this screening session the week prior to the beginning of class.



Parent/Caretaker Workshops

ABC's of Feeding Your Child – Foundations to Building Pleasant Mealtimes

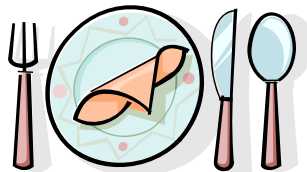
Date: Thursday, March 5

Time: 7:00-8:30pm

Fee: \$10.00

Instructor: Charlie Slaughter, MPH, RD

This workshop will provide information to help build a safe, trusting, nurturing, and developmentally challenging mealtime environment. Some of the strategies discussed will include ways to introduce new foods, awareness of levels of hunger and fullness, and learning to like a variety of new foods at a pace that is right for your child and making mealtimes a pleasant family event.



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

Finances for Parents of Children with Special Needs

Date: Thursday, Mar. 19

Time: 7:00-8:00pm

Presenter: Julie O'Connell

The O'Connell Agency, Allstate Insurance

Fee: None

Making your dreams for your children come true requires knowing your goals, objectives and what is most important to you. Take ACTION, plan for your future and that of your family. Come and learn about financial planning options for your family. This presentation is for informational purposes and not endorsed by SARAH, Inc.



Helping the Child who has Difficulty "Fitting In"

Dates: Thursday, Feb. 5 at Scranton Library, Madison

Thursday, Mar. 26 at Guilford Free Library, Guilford

Time: 7:00-8:30pm

Fee: None

Instructor: Marian Roy, M.S., counselor/educator

Children want others to like them. Some children who don't "fit it" frequently break the rules of non-verbal communication, they may stand too close to others, touch others inappropriately, or misunderstand and misinterpret friendly actions. This often leads to painful social rejection. This workshop will help parents/caregivers to better understand what prevents their child from forming peer relationships and ways to help their child "fit in".

Parents Helping Parents - a discussion/support group for parents of internationally adopted children (birth-10yrs. old)

Topic: Attachment/bonding and transitions

Date: Tuesday, Feb. 10

Time: 7:00-8:30pm

Fee: \$10 contribution

Moderators: Marian Roy M.S. & Cara Cassella, MSW, LCSW

This meeting will focus on attachment, bonding, and transitions issues encountered by parents of children of international adoption. Specific parenting information will be shared with time for questions and discussion. This meeting presents a unique opportunity for parents to share information and solutions that have been helpful in their own families. Future meetings will be scheduled according to group needs.