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Inside

Fall 2010 Classes
Parenting Program



FORTY
CARROTS
FAMILY
CENTER
1500 S. Tuttle Ave.
Sarasota, FL 34239

Ideas Ideals Insights



Information, skills and support
for parents & children during
the first 5 years of life.



(941) 365-7716 fortycarrots.org

2010 Class Schedule / Fall 1 & Fall 2 / Published Irregularly / Issue 041
Forty Carrots of Sarasota Inc. / 1500 S. Tuttle Ave., Sarasota FL 34239



Understanding Children Through Their Ages & Stages



They start from the day you bring home your new baby - the seemingly endless questions and concerns about the needs, behavior and development of your newborn. Just when you begin to feel confident and think you understand the routine, your baby enters the delightfully difficult toddler years, and the next stage of developmental issues and questions arise.

From sleeping and feeding to temper tantrums, toilet training and positive discipline, Forty Carrots Family Center's experienced parenting educators offer support and answers to help you adjust and adapt to the many stages, changes and challenges of your child's first five years. In this brochure, you'll find a variety of lively learning opportunities that allow you and your child to grow together in a playful environment of friendship and support.

Partners In Play (PIP)

Our Partners In Play classes follow an engaging curriculum allowing you to share meaningful play time with your child and the opportunity to talk to other parents and our educators about parenting questions.

Fall 1
6 Week Session
September 14 - October 22

Music in Motion: This special class adds a new dimension to our PIP series. Parents and children explore the world of music through instruments, rhythm sticks, resonator bells and much more. Experience the feel of music by moving to the beat!

PIP Squeaks (7-14 months)
Fridays, 9:15 am - 10:15 am **\$60**

PIP Toddlers (14-24 months)
Tuesdays, 9:15 am - 10:30 am **\$90**

PIP Twos (24-36 months)
Tuesdays, 11:00 am - 12:15 pm **\$90**

A Forty Carrots
exclusive for
18 years

Fall 2
6 Week Session
October 26 - December 10

Painting Pizzazz: Join us in this fun and unique PIP series. You and your pint-size Picasso will discover the world of art through painting with different textures and more. Painting can be messy but so much fun! Please wear painting-appropriate clothing.

PIP Squeaks (7-14 months)
Fridays, 9:15 am - 10:15 am **\$60**

PIP Toddlers (14-24 months)
Tuesdays, 9:15 am - 10:30 am **\$90**

PIP Twos (24-36 months)
Tuesdays, 11:00 am - 12:15 pm **\$90**

Individual Consultation

For families looking for support in a private setting, or during times when there are no classes, we are available to meet one-on-one to listen to your family's concerns, share insights and help you develop a plan within the framework of your family's values. For an appointment call (941) 365-7716. Fee: \$75/hr.

Play for FREE Studio 40 Class



Sign up for Fall 1 or Fall 2 *Partners in Play (PIP)* 6-week session and receive a FREE coupon to attend our drop-in class, Studio 40, on Mondays.

Classes are provided by Forty Carrots Family Center, a non-profit charitable organization dedicated to strengthening families through educational programs for parents, children and professionals in the field and are funded in part by Florida Winefest & Auction, Inc., Sarasota County Contracted Human Services Program, Sarasota County Foundation and Jerome & Mildred Paddock Foundation.

Welcome to Our World

A free drop-in class for parents and infants

Birth to 6 months

Bringing a baby into the world can fill our hearts with joy and love and our minds with questions and wonder. Join other families navigating the newborn phase in a supportive, fun, informative class with our parenting educators. Explore topics that are relevant to you and your family as you begin the journey of raising a healthy and happy child.

Every Monday, 10:45 - 11:45 am FREE

No pre-registration required. Class size limited.

Breastfeeding Support Group

A free class for parents and babies



Are you a breastfeeding mom? Join our Lactation Counselor, Beth Rubin RN, CLC, and other breastfeeding moms every week for a friendly, informational and nurturing time filled with information and advice.

Thursdays, 10:00 - 11:00 am FREE

No pre-registration required. Class size limited.

Studio 40

Unlock the creativity of early childhood (1-5 year olds)

Drop in any Monday for a captivating program of art, music, movement and other creative activities at our own Studio 40 - a magical place where parents/caregivers & children play and grow together. At Studio 40, unique indoor and outdoor hands-on play experiences are the key to early childhood learning. The Studio's monthly spotlights ensure each day is a new adventure.



Every Monday, 9:15 - 10:15 am \$10/family

No pre-registration required. Class size limited.

September Spotlight - Messy Mondays

October Spotlight - Magical Mondays

Nov/Dec Spotlight - Make & Take Mondays

Coffee Talk

Coffee & conversation focusing on hot topics for parents of young children

Toilet Training

September, Wed. 22 & 29 9:30 - 10:45 am

Toilet training doesn't happen all at once - it is a process that is quick for some children and slow for others. Join us for ideas for setting the stage and helping your child make the transition to being diaper free! **Fee \$30.**



Emotionally Smart Kids

October, Wed. 6, 13 & 20 9:30 - 10:45 am

Did you know that emotional intelligence (EQ) is a better predictor of lifelong success than IQ? During this series, we will explore what a parent's role is in helping children deal with big feelings so they can become emotionally competent, and how to deal with inevitable behaviors when disappointments happen. **Fee \$45.**

Discipline: Prevention & Intervention

November, Wed. 10 & 17 9:30 - 10:45 am

This popular series is designed to help parents understand why children behave the way they do. You will build a discipline toolbox filled with tried and true, as well as innovative techniques for setting limits, where your child will learn how to listen and follow directions while fostering independence and respect for others. **Fee \$30.**

Registration required for all. No childcare available.

Free Neighborhood Drop-In Programs

Partners In Play (PIP)

(mobile babies - 5 year olds)



Enjoy special play time with your child, meet our friendly staff and discover how Forty Carrots can help you enjoy parenting even more. We offer **FREE** PIP classes at 8 different libraries in Sarasota County throughout the week.

Selby (861-1130)
Mon. 10:00-10:45 am

Jacaranda (861-1275)
Wed. 10:00-10:45 am,
11:00-11:45 am

Fruitville (861-2525)
Mon. 11:45 am-12:30 pm

Gulf Gate (861-1241)
Thu. 10:00-10:45 am

Elsie Quirk (861-1212)
Tue. 10:00-10:45 am

Venice (861-1348)
Thu. 12:00-12:45 pm

North Port (861-1312)
Tue. 12:00-12:45 pm

North Sarasota (861-1362)
Fri. 11:15 am-12:00 pm

Parenting 101

A 4-evening series

Pizza and childcare provided each week at no cost

One of the greatest gifts you can give your child is a strong sense of personal and family values. And the most effective way of modeling those values is to let them guide your parenting decisions every day.

**Tuesdays, Oct. 19 & 26 and Nov. 2 & 9
6:00 pm - 8:00 pm**

Engaging discussions with a Parent Educator and other parents that help you learn about...

- Early Child Development; what to expect at different ages
- Temperament; learn about your child's personality
- How to prevent problems like tantrums and ways to discipline that work

\$80/family for 4-week session

Registration required.

License to Play

8th Annual Community Speaker Event



Featuring Stuart Brown, M.D.

Discover how Play...

- Lights up the brain and fosters learning
- Produces optimism, flexibility, resilience & stability
- Helps build and hold communities together
- Fosters activity, reduces stress and obesity



Why Play is Essential for Kids of All Ages

FREE Professional and Parent Presentation
Monday, Oct. 11, 7:00 - 8:30 pm (CEUs available)
Hyatt Regency, Sarasota

Innovation & Problem Solving in the Workplace

FREE Business Breakfast
Tuesday, Oct. 12, 7:30 am
Hyatt Regency, Sarasota

Registration required for all events at fortycarrots.org
Childcare not available.

Forty Carrots Family Center embraces diversity and does not discriminate on any basis.



Please complete one registration per family and return to: **Forty Carrots Family Center, 1500 S. Tuttle Ave., Sarasota, FL 34239**, or register online at: www.fortycarrots.org.

ADULT'S NAME: _____

Address: _____

_____ Zip _____

Home Ph _____ Other Ph _____

Email _____

How did you hear about us? _____

CHILD'S NAME: _____

Date of birth _____ Male Female

CHILD'S NAME: _____

Date of birth _____ Male Female

I'D LIKE TO REGISTER FOR THE FOLLOWING CLASSES (please circle desired session(s)):

Partners In Play (PIP)

- Squeaks Session 1 2 Fri. 9:15-10:15am \$ _____
- Toddlers Session 1 2 Tue. 9:15-10:30am \$ _____
- Twos Session 1 2 Tue. 11:am-12:15pm \$ _____

Coffee Talk

- Toilet Training \$ _____
- Emotionally Smart Kids \$ _____
- Discipline: Prevention & Intervention \$ _____

Parenting 101 \$ _____

Total \$ _____

Credit card registration may be completed by **mail** or online at fortycarrots.org or **faxed to (941) 952-1711**.

Card Type _____

Account Number

CVV _____ Exp. Date _____

Signature

For office use only: PA B C PMT E

The NAEYC Accredited Preschool at Forty Carrots Family Center is dedicated to providing the highest quality early childhood education. To learn more about our 5 Star Program, visit fortycarrots.org and call 941-365-7716 to schedule a tour today. Lic. #: 58-51-00397