

# Mom & Me Workshop

## Meet the Instructor: Barbara Weeks, M. Ed

With over 20 years' experience working with children and parents, Barbara has a passion for early childhood education. She started with a BS in Child Development and an MA in Early Childhood Education. Then she had children and they gave her a new perspective...**reality**. Barbara shares with parents the "why" behind how children grow and develop so parents can make the best choices for their child and their family.

## Meeting Dates/Times/Location

- **Thursday, Jan 14**
  - **Saturday, Jan 23**
  - **Thursday, Feb 4**
  - **Saturday, Feb 13**
- 9:30-10:30 a.m.  
DCRC, Arts & Crafts Room



## Program Overview

Bring your little one and enjoy an hour of learning and sharing with other community moms. Ms. Barbara guides the conversation each week with new topics such as: developmental milestones; first foods; discipline techniques; and other practical topics. While the moms discuss, children play with age-appropriate toys and activities. Each session offers time to address current issues that you may be experiencing. Come learn and grow with us! **Topics and program are geared for moms with children 3 mos. to 2 years of age only.**

## Program Expectations for Parents

Parents are expected to be fully involved with their child during the program.

## Program Fees/Supplies/Dress

Each session is a separate registration. The program fee is \$5 and applies to both residents and non-residents. Minimum enrollment is required one week prior to the program date. Dress in casual clothing that allows for movement (activities are set up on carpet and preschool tables).





## Recreation Center Policies

### Inclement Weather Policy:

In general, DCRC class/activity schedules coincide with Dublin City Schools. When school is cancelled, all daytime DCRC classes are cancelled, and a decision regarding evening classes (those after 4 p.m.) will be made by 3 p.m. Whenever schools are released early, all evening classes at the DCRC are cancelled. If you are unsure if a class will be held due to weather, please check our website at <http://dublinohiousa.gov/recreation/closings> for the latest updates and cancellations before heading out. You can also call our pre-recorded information hotline at 614-410-4946. In the event of a cancellation due to weather, we will make every attempt to provide a make-up class. Instructors will provide information on make-up classes.

### Sibling Policy:

Due to the structure of the child/parent programs, only children who are the appropriate age for the class will be permitted to register and attend the program. No younger or older siblings are allowed in the classroom to sit and watch or be left unattended in the lobby. For your convenience, we have a Wee Folk Room available for families who are in need of sibling care during our programs.

### Parent Policy:

All preschool/youth programs require parents to bring their child directly to the room for the program to sign them in, and to sign them out at the conclusion of the program (if not a parent participation program). With your child's best interest in mind and to provide the best learning environment, we ask that all parents refrain from entering the teaching area during classes. This eliminates any interruptions between the instructor and participants. We feel it is beneficial for the children to have time alone to interact with their peers. To provide a safe environment, students must be able to follow directions and not be disruptive.

### Healthy Kids:

If your child experiences any signs or symptoms of illness, please do not bring them to the programs at the DCRC. Symptoms of seasonal flu include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Please be aware that if your child becomes ill or vomits during any of our preschool/youth programs, they must be removed from the facility right away. Refunds are not available due to illness.

### Program Evaluations:

Our program evaluations are now paperless! You will receive an email after your final class thanking you for your participation and providing you a link to complete a short, online survey regarding your experiences in the class. We look forward to hearing from you! You can access this survey at anytime: <http://www.surveymonkey.com/s/KPH2R5C>