Parent Education Calendar January 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 CMOMS SYP Tiger Tot Mommies	3	4 BH: Childbirth in a Day
5	6 BH: Infant CPR	7 BH: Prepared Childbirth Series Begins	8 Tiger Tot Mommies	9	10	11
12	13 BH: Breastfeeding	14 MOPS Parents 4 Parents	15 Is Your Child on Track?	16 Central MO GrandFamily Parent Network SYP	17 Is Your Child on Track?	18 BH: Childbirth in a Day
19	20 BH: Infant CPR	21 La Leche League	22	23 BH: Bringing Up Boone Babies	24	25
26	27	28 MOPS Parents 4 Parents	29	30	31	

Parent Education Calendar February 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 BH: Childbirth in a Day
2	3	4 BH: Prepared Childbirth Series Begins	5 PAT: Hearing & Vision Screenings PAT: Infant Massage PAT: Positive Parenting Program PAT: Yoga	6 CMOMS SYP Tiger Tot Mommies	7	8
9	10 BH: Breastfeeding	11 MOPS Parents 4 Parents	12 Tiger Tot Mommies	13 BH: Bringing Up Boone Babies Parent Network	14	15
16	17 BH: Infant CPR	18 La Leche League	19	20 Central MO GrandFamily SYP	21 Is Your Child on Track?	22 BH: Childbirth in a Day
23	24	25 MOPS Parents 4 Parents	26	27 Parent Network	28	29

Alphabetical List of Programs

Boone Hospital (BH) Events - Call (573) 815-6400 or 1-800-872-9008 for more information or to register. All events are at Boone Hospital.

- **Better Beginnings with Breastfeeding**- one session from 6-8 p.m.
- **Bringing Up Boone Babies**- one session from 10-11 a.m.
- **Childbirth in a Day**- one eight-hour session, 9 a.m.-5 p.m.
- **Infant Safety & CPR**- one session from 6-8 p.m.
- **Prepared Childbirth**- four-week series from 6-8 p.m.

Central MO GrandFamily Network hosts a monthly support group on the third Thursday of the month from 6-7:30 pm for grandparents and other caregivers raising relative children. Childcare and light meal provided. Contact ParentLink, University of Missouri, for more information or to RSVP at 573-882-7321 or toll free at 1-800-552-8522.

Child Care Aware of Missouri helps families find child care and provides parents with consumer education materials. Military parents are eligible for child care at no cost through the Give Army Parents a Break program. Visit their website at http://mo.childcareaware.org for more information**.**

CMOMs (Columbia Mothers of Multiples Club), a support group for mothers of twins, triplets, quadruplets and more, meets the first Thursday of each month at 7 p.m. at Community United Methodist Church, 3301 West Broadway, (across from Hy-Vee) in Fellowship Hall. Visit their website at http://www.columbiamultiples.org or email columbiaMOMS@yahoo.com for more information.

Daniel Boone Regional Library provides story times, parenting workshops, and other library activities. Visit www.dbrl.org or call (573) 443-3161 to learn more about programs and services at the Columbia, Ashland, Fulton, Holts Summit and outreach locations.

EAIS-ON: Early Assessment & Intervention Services for Outcomes Now is a short-term, intensive program for Boone County families that offers individual and family therapy, substance abuse therapy and family group decision making services to the entire family. Families must have children living in the home or have had a child placed in foster care within the last 60 days. Therapy programs last from 4-6 months. For more information, contact Charla.Cowans@greatcircle.org.

Family Birth Center (FBC) Events- Visit our website at www.muhealth.org/childbirthclasses or call 771-6101 to register and for more information.

- **Beginning Childbirth** 6-week session meets on Thursdays from 7-9 p.m. at the Women's and Children's Hospital. Class costs $55. Free for MO Care participants. A one-day class is offered on Saturday from 9-5 for the same cost.
- **Breastfeeding** at the Women's and Children's Hospital from 7-9 p.m. Class costs $10. There is no charge if enrolled in Beginning Childbirth or if parent is a MO Care participant.
- **For Big Kids Only** at the Women's and Children's Hospital from 6:30-8 p.m. This free class prepares children for a new sibling.
- **Infant/Child CPR** at the Women's and Children's Hospital from 7-9 p.m. on Mondays and 9-11 a.m. on Saturdays. Class costs $35.

Family Impact Center (FIC) provides lifelong education to improve the quality of life of individuals in the Columbia community. This is done by bringing University of Missouri programs to central Columbia, giving students the opportunity to apply what they are learning in their respective fields by providing free services to individuals in the community. Programs and services offered at the FIC are meant to complement and enhance what is already available in the community. Classes are held at 105 E Ash Street, Suite 200. For more information about programs and classes, please call 573-882-2428 or visit www.mufamilyimpact.org.

- **Building Strong Families -** free classes to help parents discover their family's strengths and learn to build on them, working with others to face challenges and meet goals. Classes will resume in April 2020.
- **JumpStart** offers one-to-one intensive school readiness preparation for 15 preschool children enrolled at the MU Family Impact Center. This program is designed to build language, literacy, and social-emotional skills which generated significant gains in assessment outcomes for the participating children. 7 Jumpstart tutors, University of Missouri students, provide 1,050 hours of direct service to the program.
- **School's Out COMO –** a free educational program for K-5th grade students on CPS teacher workdays. Spaces are currently full, but please email mufamilyimpact.org to be put on the wait list, to inquire for the 2020-21 school year, or to receive more information.

Fathers Committed to Families - The Fatherhood Program is designed to increase the involvement of fathers in child nurturing and to enhance their parenting skills so that they can play an active part in nurturing their children to grow into healthy, responsible adults. The program also provides assistance with existing child support obligations. Classes are held each Thursday at 10 am at 1002 Fay Street. For more information, please call 573-256-1896 or email cyw@comoyouthworks.org.

First Chance for Children provides a variety of programs and services for parents of children ages 0-5. For more information on all programs, please visit www.fc4c.org or call (573) 777-1815.

- **Lend and Learn Library** is a safe, free space for children up to age three to play with toys that promote social-emotional, cognitive, motor and language development. Toys may also be checked out to take home. A parent educator is always present in the library to answer questions about your child's development. Open Mon-Thurs, 9am-12:30pm when Columbia public schools are open. Located at the First Chance for Children office at 1010 Fay St. A 2nd free location is open year round in Centralia on Tues. & Thurs., 9am-12:30pm. Located at the Boone County Building, 1023 E Hwy 22.

- **Baby Bags and Safe Cribs** can be delivered at no cost to **a**t-risk parents of a new baby. Baby bags include books to read to the newborn, a baby safety kit, a health kit, a bath water thermometer, a sleeper, and pamphlets about local resources. Staff also connects families with appropriate community programs including Women, Infant & Children (WIC), and Parents as Teachers +.
- **BabyU** is a home visitation program designed to help parents strengthen protective factors that help them deal with the challenges of raising children. Services include parent education through intentional home visitation, parent connection opportunities and playgroups, and incentives for program participation, including diapers, wipes, home & health items, and board books.

Healthy Families is a free home visiting program provided to Boone County residents through Columbia/Boone County Public Health and Human Services (Health Dept.). Healthy Families begins visits with pregnant women in the first or second trimester, and continues after the birth of the child until age 3 years. Home visitors provide child development and parenting information, support and encouragement to both new and experienced parents. Assistance with Medicaid for Pregnant Women, WIC, and Food Stamp applications can also be provided. Items such as cribs, car seats, and diapers may be given to families in the program. Please call Abby at 573-874-7488 to find out more about the Healthy Families program and eligibility requirements.

Is Your Child on Track? Is your child on track with growth and development? Boone County Early Childhood Coalition (BCECC) will help you find out with a free developmental screening. Parents will complete the Survey of Well-being of Young Children and create an online account to save the information. This survey will assess your child's well-being with reference to developmental milestones, social-emotional health, social interactions and family context. BCECC staff will discuss results, resources, and any needed supports with each family. For Boone County families with children ages 2 months to 5 years. Offered Wed., Jan. 15 from 4-6 p.m., Fri., Jan. 17 from 10 a.m.- noon, and Fri., Feb. 21 from 10 a.m. – noon. All sessions are held in the Children's Program Room at the Columbia Public Library.

La Leche League Breastfeeding Meetings offer mother-to-mother support for all mothers and pregnant mothers interested in learning more about breastfeeding. Meetings are free and are led by accredited Leaders who have breastfeeding experience. The morning group meets online so check out our fb Page for updates and to participate and the evening group meets on the third Tuesday of each month at 7 p.m. All night meetings are held at the Unitarian Universalist Church, 2615 Shepard Blvd. For more information, please see www.lllusa.org/web/ColumbiaMO.html or visit our Facebook page ("Columbia MO La Leche League"). Also keep an eye on our Facebook page for updates on a few Saturday play date cafe style meetings at Stephen's Park and meeting cancellations due to severe weather.

Missouri First Steps is an Early Intervention program to support families who have a child from birth to age 3 who has delayed development or diagnosed conditions that are associated with developmental disabilities. Please visit http://dese.mo.gov/special-education/first-steps or call 1-866-583-2392 for more information.
MOPS (Mothers Of Preschoolers) is for any mother with infants to children six years old who is looking for support, encouragement and friendship. MOPS meets the second and fourth Tuesday of the month from 9-11:30 a.m. at First Presbyterian Church at 16 Hitt Street (next to Ragtag) from Sept. through April. The **MOPS After Dark** group meets from 6-8:30 p.m. Plus, **MOMSnext** is a chapter for mothers of school-aged children, which meets at both the day and evening times. Childcare is available. Many social events and play dates are planned throughout the year. Visit http://fpccolumbia.org/mops or email mopscolumbia@gmail.com for more information.

MOPS at Woodcrest is a support group for expectant moms and moms of children aged birth-kindergarten. Meetings are held weekly on Thursdays Sept-April from 9:15-11:15 at Woodcrest Chapel. For more information, search MOPS at Woodcrest on Facebook.

Mothers of Children with Autism (MCA) meets once monthly with mothers and hosts periodic family events. Email lorahinkel@hotmail.com for more information.

MPACT is a statewide parent training and information center serving parents of children with all disabilities. Through the use of free training workshops and one-on-one technical assistance sessions, MPACT assists parents in their effort to effectively advocate for their children's educational rights and supports. To learn more about MPACT and the services offered, visit www.ptimpact.org or call, toll-free, 1-800-743-7634.

My Life Clinic offers professional, confidential pregnancy medical services at no cost. We are the only free provider for pregnancy testing and ultrasound in Central MO. Our services are offered without restrictions of age, marital status, race, religion, residency or income. Parenting and Moms Support Group classes are also offered. To learn more, call 573-874-3561 or visit www.mylifeclinic.org. Walk-in appointments are also available.

- **Baby Boutique** has items made available to clients at the cost of "baby bucks (earned by attending mentoring sessions, classes and other meet-ups at the clinic, as well as attending programs within our community.) The boutique has baby clothing, diapers, baby food, formula, toys, blankets, books and more up to 2T! Maternity clothing and nursing bras are available at no cost.
- **Ready for Life** group education classes are full of great topics about family, pregnancy, and parenting taught by local professionals. Classes meet on Thursdays from August-November, 12:30pm-1:30pm. Drop in on individual classes or attend for the whole session. Check out our facebook page for more info. Tuesday "toddler edition" classes will be added to our spring sessions in 2020.

Nurturing Network, provided by Lutheran Family and Children's Services of Mid-Missouri, is an evidence-based curriculum that teaches parents the importance of nurturing themselves in an effort to better nurture their children. Parents work one-on-one with a social worker, and can be connected as needed with services for alternative housing options, job training and placement, and individual counseling. Open to parents who have at least one child age five or younger in the home. Funded by the Boone County Children's Service Fund; there is no cost to parents. Please call Erin Maynard, LMSW at 573-815-9955 for a referral.

Parent Network of Mid-Missouri offers an opportunity for parents who have children with disabilities to network and share experiences and resources. Parents can discuss topics related to supporting everyday life issues. The goal is to empower, educate and encourage parents. Meets on second and fourth Thursdays from 6-8 p.m. at Boone County Family Resources, 1209 E Walnut. For more information call 874-1646, ext. 216.

ParentLink's WarmLine for answers to your parenting questions. Call toll-free WarmLine 1-800-552-8522 or 573-882-7323, or visit http://www.parentlink.missouri.edu for more information. Individuals will be provided with quality parenting information, research-based materials, and other resources to strengthen and support Missouri's families

Parents as Teachers is a Columbia Public Schools early childhood and parent support program offered free to eligible parents living in the district with children from birth to kindergarten entry. Program services include personalized home visits, group meetings, and a resource center for parents to use. For more information about any PAT program, visit www.cpsk12.org/Domain/100 or our Facebook page, or call 573-214-3955.

- FREE **Screening Services** for infants & toddlers in the areas of health, hearing, vision and overall development are held by appointment. A screening specialist will summarize the results and make recommendations and referrals as needed.
- FREE **Infant Massage Classes** for children 2-7 months of age are open to all Columbia parents but space is limited; please call 214-3955 to pre-register. Please bring a blanket for your baby to lay on. Class takes place at the Center for Early Learning North, 2191 Smiley Lane from 5:30-6:30 p.m. on Wed., Feb. 5. There is no class in January.
- FREE **Positive Parenting Program** classes for parents of children 0-5 years of age are held at the Center for Early Learning North, 2191 Smiley Lane, from 6-7:30 pm. on Wed., Feb. 5. There is no class in January. Classes offer positive discipline strategies as well as ways to raise confident, competent, and resilient children. Please call 573-214-3955 to register.
- FREE **Vision & Hearing Screenings** are open to all Columbia families with children between the ages of 6 months to age 5 (pre-kindergarten). Screenings are held on a first come, first serve basis at the Center for Early Learning North, 2191 Smiley Lane on Wed., Feb. 5 from 4:30-6:30 p.m. There are no screenings in January.
- FREE **Yoga Classes** for parents and their 2.5-5 year old children, up to Pre-K. Yoga channels emotional and physical well-being, creates body awareness, and develops focus, concentration and imagination. Class meets in the Center for Early Learning North, 2191 Smiley Lane, from 6-7 p.m. on Wed., Feb. 5. There are no classes in January. Preregistration is required – space is limited. Please call 214-3955 to sign up. Bring a yoga mat or beach towel for parent and child.

Parents 4 Parents - We are a group of parents celebrating our LGBTQ kids, supporting each other, and working for progress. We offer education and important resources to help parents and their children understand their gender identity and sexuality. We also have people who can advocate for your child. We meet every second and fourth Tuesday from 6:30-8:00 pm at 515 Hickman Ave. in Columbia, behind Jeff Junior. For additional information e-mail christy.hutton@thecenterproject.org, call 573-449-1188, visit us on Facebook https://www.facebook.com/thecenterproject or check the website www.thecenterproject.org.

Rainbow House offers Making Parenting A Pleasure, a 16 hour parenting class for parents who have been court ordered or referred to complete a parenting class by the Children's Division, Juvenile Office or Probation Office. Class is free to Boone County residents! For class times, call (573) 474-6600 ext. 2117.

Successful Young Parents is a support group for parents age 22 and younger offered by Lutheran Family and Children Services. We meet at St Andrews Lutheran Church from 5:30-7:00pm, Sept. thru May. Child care is provided, and transportation is available as needed. We offer mentors to parents if they are interested. Participants receive incentives such as diapers, baby clothes, books, and other needed supplies. Meeting is facilitated by Dana Harris, LCSW. Please call 815-9955 for more information.

Tiger Tot Mommies is a free support group for moms of babies. Support topics include baby yoga, baby safety, infant massage, sleep patterns in babies, and more. A baby scale is available at all meetings to keep track of baby's growth, and a IBCLC lactation consultant will be present to answer breastfeeding questions. Light refreshments are served, and siblings are welcome. There is a drawing at each group for a $20 gift card, plus a goody bags for all who attend. Classes are held the 1st Thurs. of the month from 5:30-6:30 p.m. at MU Women's & Children's Hospital Conference Ctr., and on the 2nd Wed. of the month from 10-11 a.m. at South Providence Medical Park's Conference Ctr. No registration required. For more information, visit http://womensandchildrens.org.

Voluntary Action Center provides diapers, formula and hygiene kits; can help secure birth certificates for those born in Missouri; and various other services. If you have any questions, please call 874-2273.

If you have a group that you would like mentioned in this calendar, please email us at parenteducation@gmail.com.

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