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Follow on Facebook & Instagram – [www.parentingcottage.org](http://www.parentingcottage.org)

### **General Information:**

Parenting Cottage is a 501 (c)(3) non-profit organization founded in 1982. All of programs offered at the Parenting Cottage are provided for free to families. Programs focus on families expecting a baby, with children age 5 as well as families needing evidence-based parenting education to assist in reunification of the family that may be mandated by a child protective investigation, probation, custody struggles. All of the programs provided are research, evidenced based educational models with measurable outcomes, and taught by degreed and certified educators.

### **Home Visiting:**

Home visiting pairs a family with their own individual educator providing twice a month home visits in the environment that a child learns best in-their home. Home visiting is for families expecting a baby, with a child up to age 5 and available for pregnant or parenting foster youth.

Home visiting included: Parenting education, early learning education for child, developmental screenings to assess child's progress towards age appropriate developmental milestones, referrals to community resources matched to the family's needs, group connections-activities for parents and children to enjoy together.

### **Having a Baby? – Prenatal Classes:**

A series of four prenatal classes held weekly targeted to families expecting a baby. Topics for the classes include: Pregnancy-What to expect, Importance of early prenatal healthcare, Healthy Eating, Healthy Lifestyles while pregnant, Labor & Birth, Caring for Baby, Life After Birth-What to expect.

### **Car Seat Safety & Assistance Program:**

Having your child in a car seat appropriate for their age, height & weight can reduce the risk of injury or fatality by 75%. Parents attend a 45 minute class about different types of car seats, how to install and use their child's car seat for maximum safety and protection. Parents receive a car seat matched to their child's age, height and weight.

### **Parenting Toolkit:**

A series of four parenting education classes held in the evenings for parents needing required parenting education that covers multiple main topics: Parenting Styles, Understanding Children's Behavior Patterns, Communicating with your children, Interacting with your child and Positive Discipline techniques.

**For a full description of all of the programs offered at the Parenting Cottage including schedules, consult the website at [www.parentingcottage.org](http://www.parentingcottage.org) and look for updates on Facebook and Instagram.**