Dear Parent,

Each month your center will hold a parent meeting to plan for activities and discuss IPSB Early Childhood Program business. We need to find out when most parents are able to attend. Please write the day and time that’s best for you.

Day: ___________________________ Time: ___________________________

Please check the areas that you are interested in knowing more about. We will provide you with information about the areas you check and we will also plan trainings during the school year in some of the areas.

**PARENTING CLASSES**
- [ ] Make Parenting a Pleasure/0-8yrs*
- [ ] Parenting Now/0-8yrs*
- [ ] Birth to Three/0-3yrs*
- [ ] Family Training /0-8yrs*
- [ ] Every Child Ready to Read/0-8yrs*

**PARENTING**
- [ ] Involving Fathers/Men in Child’s Life
- [ ] Single Parenting
- [ ] Step Parenting
- [ ] Child Development
- [ ] Behavior Management with Children
- [ ] Children’s Self-Esteem
- [ ] Reading Readiness
- [ ] Incarcerated Parents
- [ ] Foster Parenting
- [ ] Raising Grandchildren

**NUTRITION**
- [ ] Healthy Snacks Kids Love
- [ ] Low Budget Cooking
- [ ] A Kid’s Guide to Eating Right
- [ ] Weight Loss Ideas or Activities
- [ ] Using a Budget to Shop
- [ ] Other:

**HEALTH / DENTAL**
- [ ] Childhood Emergencies
- [ ] Dental Care, Fluoride & Emergencies
- [ ] Sex Education for Kids
- [ ] Protecting Children from Personal Harm/Abuse
- [ ] Raising Your Child in Safe Environments
- [ ] First Aid/CPR
- [ ] Accessing Medical/Dental Services
- [ ] Getting the Most out of a Medical/Dental Appointment
- [ ] Communicable Diseases (head lice, flu, etc.)
- [ ] Quit Smoking / Quit Chewing
- [ ] 2nd or 3rd Hand Tobacco Smoke
- [ ] Adult Health Issues (heart disease, depression, diabetes, etc.)

**MENTAL HEALTH / YOU**
- [ ] Anger Management
- [ ] Stress Management
- [ ] Adult Children of Alcoholic’s
- [ ] Addictions – How to Cope
- [ ] Alcohol & Drug Information
- [ ] Building Healthy Families
- [ ] Counseling Options
- [ ] Dealing with Depression
- [ ] Adults Molested as Children
- [ ] Personal Safety / Self Defense
- [ ] Taking Care of You
- [ ] Other:
LEGAL

- Legal Aid
- Consumer Rights
- Restraining Orders
- Support Enforcement
- Landlord – Tenant
- Child Abuse & Neglect
- Birth Certificates
- Social Security Cards / Benefits
- Citizenship
- Expunging Criminal Record
- Other:

ADULT EDUCATION

- GED Classes / High School Completion
- Reading and/or Math Brush-up
- Skills to get a Better Job (resumes, interviews, job search_
- Back to School as an Adult / FAFSA
- Head Start & Other Scholarships
- Introduction to Computers
- CTA Job Training Opportunity at Head Start
- Helping Children with Homework
- ELL/ESL Classes
- Other:

SPENDING AND SAVING

- Credit (repair, improve, free reports, etc.)
- Bank Accounts
- Borrowing Basics
- Smart Spending Plans
- Making Your Money Grow
- Loan to Own

THE COMMUNITY

- Local Resources / Activities Available to Me and My Family
- Entering Kindergarten / Working with Local Public Schools
- Selecting Quality Child Care
- Driver License
- Other:

FUN

- Fitness
- Music / Dance
- Support Group
- Making Crafts for Fun
- Family Time
- How to Cut Your Child’s Hair
- Family Reading Time / Reading to Children
- Other:

ANYTHING ELSE?

________________________
________________________

List the special hobbies, skills or interests you might like to share with other Head Start parents or share with the children in the classroom.

1. ________________________________
2. ________________________________

Parent Signature __________________________ Date __________________________