

Our Centers:

Basalt Center

Basalt Elementary School
Phone: 970.384.5855

Glenwood Center

Glenwood Springs Elementary School
Phone: 970.384.6055

Carbondale Center

Bridges Center
Phone: 970.384.5796

All Centers' Hours:

8:00—4:00 M-F

www.rffrc.org

"The RFFRC is an official application assistance site for CHP+, a low cost insurance plan for Colorado Children. Your child may qualify. Call us to apply!"

Check out the New Library in Basalt next to the Post Office. It is BEAUTIFUL and has a fantastic children's section. They have many bilingual family activities. Their phone number is 927-4311

TV and Bedtime

Since the beginning of time, parents have found the toughest part of their childrearing day is the very last bit of it. A big part of this has to do with an "inverse relationship" between parental eyelid sag and kid eyelid sag. In other words: ***The more exhausted we become, the more energized our kids seem to get.***

Contributing to this problem is young children watching television in the evening. Regardless of how "educational" the show or video is, something about the fast-paced images electrifies their little neurons. By the time they're supposed to be winding down and hitting the sack, they're hitting high gear.

Have a calming routine before bedtime- a predictable sequence of activities that take place at more or less the same time each evening...and are always done in more or less the same way. For example, one family may have dinner at about the same time each evening, give the kids a bath, read books in the same chair, tell stories, play the same silly games, hug and kiss the kids, and say, "See ya in the morning." A critical part of this routine involves the following: ***Turn off the TV at least one hour before bedtime.***

Better yet, watch it only on weekends!

Good luck!

-Jim Fay. Author of Love and Logic

Honor a Teacher

A donation has been made to the Roaring Fork Family Resource Centers in the name of the following teachers
Congratulations to:

- Charla Meyer
- Caroline Rubin
- Jamie Olson
- Mrs. Courier
- Ms. Fitzgerald
- Ms. Holmberg
- Mr. Houghton
- Ms. Linman
- Ms. Maule
- Ms. French
- Ms. Rix
- Ms. Smalley
- Ms. Witthoft
- Mr. Thayer
- Ms. Decrow
- Ms. Deyarmond
- Ms. Hartert
- Ms. Chaney
- Mr. Heiser
- Mr. Spencer
- Mr. Weatherbie
- Marty Madsen
- Bonnie Fisher
- Julie Hawkins

Love and Logic Series

"Kids don't come with an owner's manual...but I found one in Love and Logic."...L&L parent, 2008

"Bedtime is no longer a chore since Love & Logic!"

—L & L grandmother

Love and Logic is based on the experience of a combined total of 75 years of raising kids. It provides simple and practical techniques to help parents experience less stress and have fun while raising responsible kids. The class offers many useful techniques parents can begin using immediately. **Love and Logic is easy to use, raises responsible kids, and changes lives.**

Carbondale, Tuesdays, January 19—March 2

6:00—8:00 PM Six sessions

at The Bridges Center Family Resource Center

The fee for the class is **\$50 per couple or \$30 per individual** for those in RFSD district. Class is **FREE** for one RFSD employee per family. The spouse cost is \$25. **Childcare is \$30 per child for the series.**

Out-of-district is \$100 per couple or \$60 single and Childcare is \$60 per child for the series.

Classes in **both** English or Spanish

Participants are expected to attend **all** six classes.

Next series is in Basalt starting March 17th

Call 384-5689 to register or email