

SANFORD & Parenting

YOUR PARTNER THROUGHOUT PARENTHOOD

Parent & Me Classes

Make and Take It! Sessions

60 minutes | 5015 S. Western Avenue, Suite 120, Sioux Falls, SD
Cost: \$10.00 | Target Audience: 3-5 year-olds with parent/caregiver

Caregivers and children are invited to learn and create together in this fun class. Attendees will learn how to support children's developing social emotional skills and design a craft to take home. Scan the QR code to learn more about these classes.

May 21st & May 25th: Paint a Flower Pot

Help Me Grow: Learn all about positive self-talk and social skills

Caregivers will learn how to support their child's developing social skills. Kids and caregivers will also discover how positive self-talk can aid littles when doubt or negative thoughts creep in.

June 18th & June 22nd: Make a Glitter Jar

Identifying and Coping with BIG Feelings

Caregivers will learn how to support their child when big feelings arise. Both kids and caregivers will learn healthy coping strategies and create a calming glitter jar.

July 16th & July 20th: Create Mindful Rocks

Be a Mindful Parent

Parenting can be a very hard job and some days are easier than others. On the hard days, are you taking time to fill both yours and your family's cup? Parents and kids will learn ways to be mindful in this class and create some very special mindful rocks to use at home!

Pre-registration is required by the Thursday before class at 4pm CST. Scan this code and find the event you wish to attend or call us at (605) 312-8390.

