

We are...

RFENC is a parent founded, parent run organization that provides parent-to-parent support to families of infants and toddlers from birth to 36 months who have established disabilities. We work to meet the needs of the family by providing referral to resources in our community and providing parent-to-parent support.

A new program recently funded is allowing us to add these parent seminars and playgroups to this wonderful work we do! This series is open to *all* families of children birth-3 in Shasta county.

Funding from First 5 Shasta supports our parent seminar series.

We believe...

- Families are the best experts about what they need.
- Families should be supported as decision makers, rather than having decisions made for them by others.
- Families benefit from services and supports that meet their needs by focusing on the entire family, build on family strengths and respect cultural preferences, family values and lifestyles.

Our services are offered in English & Spanish.

Register

Call: RFENC @ 530-226-5129

Email: Kat at: sklowrance@aol.com

Please register in advance to reserve your spot in each parent seminar—and ensure child care spots!



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A Program of Rowell Family
Empowerment of Northern
California for families with
children under the age of 3.

Let's Play!
Let's Move!
Let's Talk!

Free Parent Seminars



Supported by
funding from **FIRST 5**
S H A S T A

Who Should Attend?

- Parents of children under the age of 3 may attend each three-part seminar series.
- Parents and children may attend family playgroup—laugh, sing, and play together for 45 minutes before each seminar.
- Children may enjoy activities with child care providers in the play room while parents move to the conference room.

What are the Benefits of Parent Seminars?

The whole family will benefit from parents learning more about the development of their young children. Parents will walk away with valuable tools from each of the seminars that they attend.

Children will enjoy the playgroup time with their families and other children in their age group.



Parents will learn more about

- Important aspects of child development
- What is considered typical development
- Techniques for enhancing their child's development

Let's Play

Play is a lot of fun for children and it's good for them too. Children gain important skills while playing with others and by themselves. Infants begin to interact with others, use language and see what they can do. Toddlers pretend, explore, and experiment to broaden their understanding of the world. Parents are partners in play, and can provide children with fun activities to them learn and grow.

Let's Move

Come learn how movement and fun sensory activities can help your child. Learn the importance of sensory motor experiences and how to identify if an irritable child may be experiencing sensory processing problems. Many times a sensory processing problem is at the root of a child's developmental or behavioral issues.

Let's Talk

Come learn a few simple and engaging activities you can add to your routine of facilitating language. Find out some ways to adapt language learning techniques for young children as well as their older siblings. Activities are inexpensive and flexible so you can change them to suit your child.

