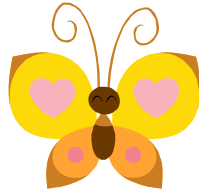


SPRING 2010

# The Parent Center

Salinas Adult School  
20 Sherwood Place  
Salinas, CA 93906  
(831) 796-6970



Parenting The Toddler

## MOVERS & SHAKERS

Diana Upton, Instructor (831) 796-6970  
April 6-June 1/Tuesday  
9:30-12:30 a.m.  
12-18 months/Fee: \$45

This class is geared for parents with infants 12-18 months old. This course offers growth and development, nutrition, health, safety, discipline, and emotional-social development.

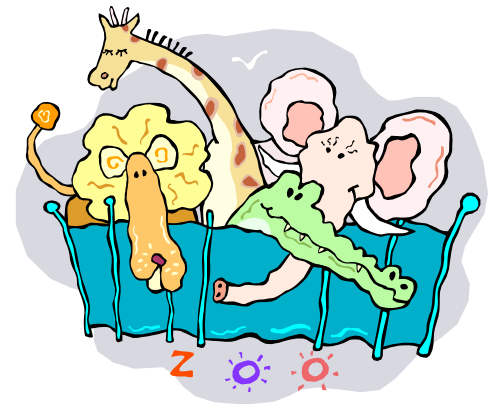
<u>Date</u>	<u>Topic</u>
4/06	Introductions, snack sign-ups
4/13	Growth & Development: The Ages & Stages Questionnaire
4/20	Growth & Development: Continued
4/27	Taking care of yourself
5/04	Safety: First-Aid basics
5/11	Discipline: Tools for toddlers
5/18	Nutrition
5/25	The important role of fathers
6/01	Evaluations

### Calendar of Events

Group Field Trip to...Happy Hollow Park and Zoo (located in San Jose) Friday, May 28<sup>th</sup>. You must purchase your tickets in advance at the Parent Center front desk.

- \$8.00 per person
- Park entry time is 10:00 a.m.

Map with directions will be provided upon registration. Please register by Thursday, May 27<sup>th</sup>.



Visit our website @  
salinasadultschool.com

Childcare and Preschool Programs available on site

**NO REFUNDS GIVEN UNLESS  
CLASS IS CANCELLED**

