

BABY UNIVERSITY HELPS OUR COMMUNITY

Research shows that the achievement gap appears long before children reach kindergarten – in fact it can become evident as early as age nine months.



And at-risk children are:

- 25% more likely to drop out of school
- 40% more likely to become a teen parent
- 50% more likely to be placed in special education
- 60% more likely to never attend college
- 70% more likely to be arrested for a violent crime

Early childhood programs, such as Baby University, are the most cost-effective way to ensure the healthy development of children in poverty and offer the greatest returns to society.*

*Source: www.ounceofprevention.org

For more information, contact
Baby University
Phone 610-378-4748
Fax 610-378-4771

The YMCA of Reading & Berks County thanks the following organizations for their financial support of Baby University.

United Way of Berks County
The Crowther Foundation
The Wyomissing Foundation
The Jerlyn Foundation
Wells Fargo Foundation
PNC Foundation
Brentwood Industries
PA Dept. of Health
UPMC for You—Resource Fair Sponsor

Your support is needed to continue this vital program.

Please visit our website and make a donation today.



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Baby U 08/13



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BECAUSE THE FIRST YEARS OF LIFE LAST A LIFETIME

PARENT EDUCATION
Baby University

READING & BERKS YMCA



WHY YMCA BABY UNIVERSITY

We understand that parenting is the toughest job any one can do, but we also know that it can be the most rewarding.

Baby University is a 6 week workshop that supports parents, offering them education on their child's early development and helping strengthen their current skills in order to address any concerns and issues that may arise during these early but critical years.

Our philosophy is to create a learning environment that is fun, interactive, and where participants can share experiences, learn from each other, have open discussion with our educators, and do hands-on activities that help parents learn about themselves and their child.

PLUS the Baby U Home Visitors will meet with each family at their home once a week to give one-on-one instruction and encouragement in addition to reinforcing the information learned in the classroom.



Our mission...

to enhance child development and school achievement through parent support and education.



PROGRAM REQUIREMENTS:

- Must live in Reading
- Must have at least one child between the ages of 0 - 8 years
- Or Expecting a child
- Or be Caregiver, child care provider for children ages 0 - 8 years old.

ADDITIONAL BENEFITS INCLUDE...

- Continental Breakfast
- Child care while parents are in class
- Agency Resource Fair
- Safety items for the home
- Gift card raffle & groceries to take home
- One lucky participant may win up to \$150 towards one month of rent or mortgage

SESSION TOPICS

- Hopes and Dreams
- Ages & Stages of Development
- Kindergarten Readiness
- Raising a Reader program
- Brain Development
- Shaken Baby Syndrome
- Lead Poisoning Prevention
- Play & Stimulation
- Toy Safety
- Sick Care & Safety
- Prenatal Care
- Social/Emotional Development
- Parenting Styles
- Parenting with Empathy
- Effective Discipline Techniques
- Stress Management
- Effective Communication
- **NEW! Stewards of Children** Prevention of childhood sexual abuse training

Baby University uses the following evidence-based curriculum:

- Growing Great Kids/Families (GKK)
- Systematic Training for Effective Parenting (STEP- early childhood)
- Active Parenting Today

Change the first five years and you change everything!