

Did you know Creative Options offers a series of virtual parenting classes???

The second session:

## ROUTINES

<https://youtu.be/2GK7ZiYWLQg>



***Is this session we will look at why routines are important, why they are good for children and the family. How to create a routine that supports my family. How to manage your routine when life gets crazy.***

We would like to hear from you if this session was helpful. We will follow up with a short survey.

If you would like more information or additional resources please reach out to your Family Coach.

Last Month: Social Emotional Discipline

[https://youtu.be/AL9jKp\\_iC10](https://youtu.be/AL9jKp_iC10)

Next Month: Healthy Relationships

# MARCH 2022

## REMINDERS

**March is National Reading Month**



***We will celebrate February 28-March 10, 2022. Fun activities will be sent home over the two weeks to promote Reading, including reading logs, math and science activities. We will wrap up on Thursday March 10<sup>th</sup> with dress as your favorite Book Character***



***Closed***  
***March 14-18, 22***

## Health & Safety-

### Car Seat/Booster Safety



Car seats and boosters provide protection for infants and children in a crash, yet car crashes are a leading cause of death for children ages 1 to 13. That's why it's so important to choose and use the right car seat correctly every time your child is in the car. Follow these important steps to choose the right seat, install it correctly and keep your child safe.

- Find the right car seat
- Install your car seat correctly
- Keep your child safe in a car seat

<https://www.nhtsa.gov/equipment/car-seats-and-booster-seats#find-&-compare-seats>