

P A R E N T S A S
T E A C H E R S

How to Register:

Parents and caregivers can register their child in the program during pregnancy or anytime from birth to three years of age.

The program is **VOLUNTARY** and **FREE!**

If you are interested in learning more about Parents as Teachers call an office near you today.



Lethbridge
Office:
403-320-5983

Lethbridge School District
Park Meadows School
50 Meadowlark Blvd. North
Lethbridge, AB T1H 4J4
Phone: 403-320-5983
Fax: 403-320-5989

Horizon School Division
Provincial Building
5011 - 49 Avenue
Taber, AB T1G 1V9
Phone: 403-308-4409/223-7969
Fax: 403-223-7980

Palliser Regional School District
Coalhurst Elementary School
Box 980
Coalhurst, AB T0L 0V0
Phone: 382-7973
Fax: 381-7632

Livingstone Range School Division
W A Day School
Box 1179, 510—20 Street
Fort Macleod, AB T0L 0Z0
Phone: 403-308-8181
Fax: 403-553-2458

Westwind Regional School Division
445 Main Street
Cardston, AB T0K 0K0
Phone: 403-382-7713
Fax: 403-653-4641

Sponsored by:
Southwest Alberta Child & Family Services
Health Canada

parentsasteachers@lethsd.ab.ca

BABIES ARE BORN TO LEARN!

A Birth to 5 Learning Program



**Parents are the first
& most influential
teachers!**

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Parents as Teachers is here to help.

In the first few years, children learn more and at a faster pace than at any other time in life. You help shape your child's future through the kinds of experiences you provide. Your baby was born to learn, and as a parent, you are your child's first and most important teacher.

Parents as Teachers (PAT) is a parent education and family support program serving families from pregnancy until their child reaches three to four years of age.

Parents are supported by PAT-certified Parent Educators trained to translate scientific information on early brain development into specific *when, what, how, and why* advice for families. By understanding what to expect during each stage of development, parents can easily capture the teachable moments in everyday life to enhance their child's language development, intellectual growth, social development and motor skills.



Personal Home Visits

Your Parent Educator will share age-appropriate child development and parenting information, help you learn to observe your child, and address your parenting concerns.



Developmental Screenings

Screenings are provided yearly to assess your child's overall development, as well as health, hearing and vision.

Group Meetings

Group meetings are opportunities to share information about parenting issues and child development. Parents learn and support each other.

Referrals

Parent Educators are aware of resources in the community that are available for supporting and enriching families.

Parent Comments

"I really look forward to my Parent Educator's visits. I learn something new every time."

"I appreciate the support and encouragement."

"I love the ideas they bring!"



"My Parent

Educator is very helpful, encouraging and non-judgmental."

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