



# Family to Family



February 2010 Newsletter

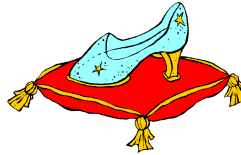
Provided by: The Family Information and Resource Center – 50 S 400 E, Logan, UT 84321 – (435) 755-5171  
Our hours are 9:00 to 4:00 Monday—Friday

Find us online at [www.Loganfamilycenter.org](http://www.Loganfamilycenter.org), or read our blog at [www.Loganfamilycenter.blogspot.com](http://www.Loganfamilycenter.blogspot.com)

## Cinderella Around the World Was on TV!

Watch our beautiful interns explain our fabulous Cinderella Around the World Day, and give a tour of what resources we have at the Logan Family Center. You can watch the broadcast at [www.KUTATV.com](http://www.KUTATV.com) just click on the link; it's about 10 minutes long.

If you want more information about this and other activities and classes at the Logan Family Center please come in and visit.



## We will be closed...

For holidays  
February 15



## Ready! Set! School!

Enrollment is now open for the  
**English Ready! Set! School! Children ages 3-5**  
Class are: Wednesdays or Thursdays  
10:30am-11:30am  
The sessions will continue throughout February.

Enrollment is also Open for  
**Bilingual Ready Set School! Children ages 3-5**  
Class is on Friday at 10:00-11:00  
**You may join classes any time**  
Parent and child come together and get ready for kindergarten.  
**Free materials.**

## SCHOLASTIC Book Orders!

We will place orders on Feb 15 and Mar 1. Online ordering is now available. Just go to [www.scholastic.com/bookclubs](http://www.scholastic.com/bookclubs). Our user name is **loganfamilycenter** and the password is **FIRC**. You may pay by debit or credit card and pick up your books the following week. We will call you if you are a registered patron of the center. Be sure we have your phone number.



Free Love and Logic for All Ages classes will be held on  
February 10, 17, 24 from 7:00-9:00 pm  
at the Center 50 South 400 East Logan UT. 84321

We are the small white building on the west side of Wilson Elementary  
Optional work books available for \$10  
Call or come into the Family Center to Sign up for the Classes

## Bear River Health Department

**Logan Office** - Now has H1N1 vaccine available for anyone who would like to receive it. This vaccine is free at the health department.

**Brigham Office** - Now has H1N1 vaccine available for anyone who would like to receive it. This vaccine is free at the health department.

Vaccine is available from 7:30 a.m.—6:00 p.m. Monday through Thursday.



## Looking for someone to come to your school or group to give a presentation?

- ◆ Avoiding Homework Hassles
- ◆ 10 ways to help your child be successful in school
- ◆ Great Parent/Teacher conferences
- ◆ The Power of Reading 20 minutes a day
- ◆ How to get your child ready for Kindergarten

Just call and arrange a teacher for your meeting  
[director@loganfamilycenter.org](mailto:director@loganfamilycenter.org) 755-5171

You can arrange for a teacher from our center to come to your school or group for classes

**Ten Quick Tips on Parenting from Love and Logic** is a one hour class that gives you some strategies you can use right away to encourage homework, chores and end nagging and whining

Call or contact director to make arrangements.  
[director@loganfamilycenter.org](mailto:director@loganfamilycenter.org) 755-5171

We also teach **Grandparenting with Love and Logic**

LOOK ON BACK FOR MORE INFORMATION!

**Read to Your Child  
20 minutes a day  
What is the C.A.R. formula?**

Reading out loud helps a child understand the meaning of words and how to use language.

When you are looking at books with your child, you can follow the CAR formula.

**C** is for comment and wait

**A** is for ask questions and wait

**R** is for respond and add a little more  
Call us for 30 min presentation on the CAR formula for your parent group or literacy night.

"Reading aloud with children is known to be the single most important activity for building the knowledge and skills they will eventually require for learning to read."

**Family Finance  
Workshops**

**When: Wednesdays**

**Time: 6:00-7:00pm**

**Where: Wilson Elementary**

Free financial classes. Hosted by USU Family Life Center.  
**Kids activities/child care provided.**



**Topics:**

- Jan 27th Budgeting & Savings,
- Feb 3rd Debt management,
- Feb 10th knowing your Money Personality,
- Feb 17th Talking to your kids about Money.

**Parents As  
Teachers**

Parents as Teachers is planning their monthly group meeting for

**Thursday,  
February 26  
Jamin' with Music  
and Rhythm**

Open to the Public !  
**Come to the Wilson  
Elementary gym  
at 6:30 pm**

**Free Resources for Parents**

Are you looking for books, DVD's and audio CD's on parenting, getting help raising kids to be healthy and literate? Looking for educational toys, games and puzzles you can borrow for free? Need information on how you can connect to resources in the community for your family? We are here for you.

Located in that little white building on the playground west of Wilson Elementary, we are two doors south of the Island Market and right on the bus route. We are open 9am to 4pm Monday through Friday. We offer evening parenting classes, too.-

**Books and Buddies**

Please visit our website for time and date:  
[www.usuchild.usu.edu/BooksBuddies](http://www.usuchild.usu.edu/BooksBuddies)

**When: TBA**

**Where: The Book Table 29 South Main Street,  
Logan**

**Time: TBA**

Books & Buddies are fun events for children, parents, and childcare providers to help early literacy in pre-school children . At each event, **a free book** will be given to every child, while supplies last



***Need new cooking ideas?***



**Food \$ense**

Food \$ense is a nutrition education program offered through Utah State University. Classes are Free! Classes are held in the Cache County Administration Building Multi-purpose room. 179 N Main, Logan 435-752-6263.

Call to reserve your spot!

They offer day and night time classes. Topics include Menu Planning, Quick Meals, Dietary Guidelines, and Delicious New Veggie Recipes. They also teach how to make your food dollars last all month.

**FREE SAMPLES!!**

February classes are on February 25 at 17 pm for Beautiful Broccoli and Heart Healthy Eating.