

## 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](http://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.



YMCA of Reading & Berks County  
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Reading, PA 19601  
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[www.ymca-berkscounty.org](http://www.ymca-berkscounty.org)

Baby U 08/13

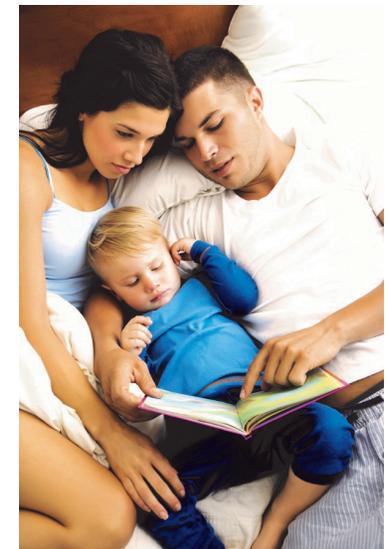


FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# 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