

# CHANGE THE FIRST FIVE YEARS & YOU CHANGE EVERYTHING!

Studies show that the achievement gap appears long before children reach kindergarten-- it can be evident as early as nine months.

The **achievement gap** is defined as observed, persistent disparities in educational performance between groups of students. What seems like a minor setback can have lasting repercussions that leave children at a huge risk. On average, at risk students 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 not attend college
- 70%** more likely to be arrested for a violent crime

Give your child the tools to academic success. As we like to say, change the first five years, and you change **EVERYTHING**.



For questions and enrollment information, please contact Gena Pina-Garcia, Baby University Program Director at:

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United Way of Berks County  
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# THE FIRST YEARS OF LIFE LAST A LIFETIME

## BABY UNIVERSITY YMCA OF READING AND BERKS COUNTY



# WELCOME TO BABY UNIVERSITY!

**Our Mission:** To enhance child development and school achievement through parent support and education

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

This **six-week workshop** supports parents by providing the tools necessary to strengthen their parenting skills and further understand these early, but critical years of their child's development.

**Our goal?** To create a fun, interactive learning environment where participants can share experiences, learn from each other and our educators, and participate in hands on activities to help parents learn about themselves and their children.

## LEARNING OUTSIDE THE CLASSROOM

Education doesn't stop after class! Baby U Home Visitors will meet each family at home once per week during the program for one-on-one instruction, encouragement, and support as they apply the lessons they learn each week?

New questions? Dealing with something not covered in class topics? They're here to help with those questions, too!



## ENROLLMENT REQUIREMENTS

Are you ready to learn something new at Baby U? Applicants must meet the following requirements:

- Must live in Reading
- Must be one of the following
  - Parent to a child ages 0-8 years
  - Caregiver/Child care provider for a child ages 0-8 years
  - Expecting a child

## A PROGRAM WITH PERKS!

In addition to a valuable education, Baby U provides parents and caregivers exciting goodies and opportunities, including...

- Continental Breakfast
- Free childcare while attending class
- Gift card raffles & groceries
- Rent Incentive: Raffle of up to \$150 for rent or mortgage
- Home safety items
- Agency Resource Fair



# THE LESSONS THAT LAST A LIFETIME...

- Hopes & Dreams
- Ages & Stages of Development
- Kindergarten Readiness
- Raising a Reader
- 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 Discipline Techniques
- Stress Management
- Effective Communication
- Stewards of Children Prevention of Childhood Sexual Abuse Training

## OUR EVIDENCE-BASED CURRICULUM

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