Top 5 Reasons Why Mind in the Making Rocks!

- FREE Childcare
- Food Provided
- Convenient dates, times, and locations / new classes
- Moms, dads, and grandparents are welcome
- A wonderful way to show the luv to the little ones in your life

The 7 Essential Life Skills:

#1 Focus and Self-Control

Focus and Self-Control: Children and adults need this skill to achieve their goals, especially in a world that is filled with distractions and information overload. Strategies involve paying attention, remembering the rules, thinking flexibly, and being patient. Focus and Self-Control is not learned by being passive but by being active: moving and doing things physically.
Mastering Focus and Self-control, the first essential life skill, enables children and adults to pay attention in ways that empower them to get the most out of what they are learning and improve their overall success in achieving goals.

Do you know who else finally mastered self-control?

After many, many years of impulsively devouring cookies, in 2012, Cookie Monster was able to tap into his willpower.

If you're interested in learning more about Focus and Self-Control and the remaining essential life skills, join SCGLR’s Mind in the Making
facilitators on a learning adventure designed to help you and your children thrive!

This FREE workshop based on the groundbreaking book by Ellen Galinsky, *Mind in the Making: The Seven Essential Life Skills Every Child Needs*, is hosted at various locations in Sarasota and Manatee counties.

Here's what a few participants shared when asked how they were going to use Mind in the Making in their lives going forward:

- **Mind in the Making** has opened my awareness about the role of the brain's executive functions and how learning them and putting the teachings into practice can be life changing at every age. I hope to be able to engage both children and adults on a level that encourages growth, openness, integrity, and honesty.

- **I plan to use these modules as a learning tool with my own child.** I think Mind in the Making is great and can't wait to read the book!

- **My wish is that I will use the Mind in the Making principles to continue learning and growing.** The outcome will be that I will be an example to the young people in my life. The obstacle will be time constraints. The plan is to rearrange my schedule to allow for it.

The last participant explained her hopes for Mind in the Making in the form of a WOOP; a strategy participants learned about in class to help them reach their goals.

Each Mind in the Making workshop provides participants the opportunity to reflect on their own experiences and practices, learn what researchers have discovered about how children learn best and discuss how to apply this research in their role as a parent or caregiver.

This program is an excellent way for you to learn how to improve well-being of pregnant women, infants, and young children.

### FREE Parenting Program Groups at Forty Carrots Family Center:
- Welcome to Our World
- Breastfeeding Support and Latch Clinic
- Child Personal Safety

### All Faiths Food Bank Food Distribution Schedules

### Kindergarten Round-up!

Yee- Haw! It's kindergarten round-up time which means it's time to register your child for kindergarten! While you're there, be sure to talk with a member of the Suncoast Campaign for Grade-Level Reading Engagement Team. They will be on-site to share information about Mind in the Making, Vroom, and Everyday Hero.

### Kindergarten Readiness Play Days

Young minds have many questions about going into kindergarten that parents will want to answer. Discover together as questions like, "How will I know where to put my backpack?" or "Where do we eat lunch?" arise. Join us for Kindergarten Readiness Days at your local libraries! There will be fun activities to participate with your child to get them ready for kindergarten!

**June 16, 2018 Sarasota**
**June 23, 2018 Bradenton**
**June 23, 2018 Venice**
**June 30, 2018 Palmetto**
communication with your kids, become a better role model, and teach essential skills like Focus and Self-Control to your children so they will be ready to learn.

Mind in the Making is made possible by the Suncoast Campaign for Grade-Level Reading with funding provided by The Patterson Foundation.

Childcare and food will be provided!

**LEARN MORE or SIGN UP**

We welcome your thoughts. Contact us at info@GradeLevelReadingSuncoast.net.