Pendergast Family Resource Center
Parent Handbook
2019 - 2020
Welcome to Pendergast Family Resource Center

Location: 10550 West Mariposa St. Suite 2, Phoenix, Arizona 85037

Phone: 623-772-2339       Fax: 623-518-9633       Email: PendergastFRC@pesd92.org
Please visit our webpage at: http://www.pesd92.org/familyresourcecenter.html

Like us on Facebook - Pendergast Family Resource Center
https://www.facebook.com/pendergastfamily/

M W Th F Hours: 8:00 AM to 4:00 PM, Tuesday: 8:00 AM - 6:00 PM
First Saturday each month: 8:00 - 11:00 AM
Summer Hours: 6:30 AM to 4:30 AM - M, W, Th, & F
6:30 AM - 6:00 PM - Tuesday

PFRC Staff:
Family Resource Center Coordinator: Betsy H. Musson
Parent and Family Educator: Martha Vergara
Community Outreach Liaisons: Yeshi Feyissa
Doreen Gutierrez
Office Assistant: Tanya Guillen de Monterroza

The Pendergast Family Resource Center is located in the Pendergast Community Center, a state-of-the-art resource center that is part of the Pendergast Elementary School District and serves families throughout the entire West Valley. This inclusive facility brings together health and wellness, fitness, social services and educational organizations that are focused on meeting the comprehensive needs of families.

The center creates a safe and welcoming environment for the community to thrive. The Pendergast School District Community Education Department and the Pendergast Community Center provides education and family support services by extending the school experience with quality programs and resources to meet the diverse needs of the community.

First Things First Family Resource Center

Pendergast Elementary School District, through a partnership with First Things First, has developed a Family Resource Center providing quality,
comprehensive, diverse and streamlined services centered on a holistic view of early childhood education, with neighborhood outreach as a core component. The inclusive services offered at the Family Resource Center create a unique collaboration between the educational environment, families, and communities combined with staffing support from caring, knowledgeable professionals. The intent of the Family Resource Center is to increase families access to concrete supports and services in times of need; improve knowledge of parenting and child development; foster parental resilience; successfully connect families to support in the community; and promote social and emotional competence in children. The resource center embraces family centered practice which is based upon the belief that the best way to meet a person’s needs is within their families and that the most effective way to ensure safety, permanency, and well-being is to provide services that engage, involve, strengthen, and support families. Key components of family-centered practice include:

- Engaging with family members to understand their lives, goals, strengths, and challenges and developing a relationship between family and center staff
- Working with the family to set goals, strengthen capacity, and make decisions
- Providing individualized, culturally responsive, and evidence-based interventions.

Our Mission:

The Pendergast Family Resource Center is a family-centered, comprehensive, collaborative and high quality outreach program that supports the development, health, and education of all Pendergast Elementary School District families and the surrounding community with a focus on families with children born to age five.

Visit our Family Resource Center Outreach and Recruitment Sites:

Glendale
Sunset Ridge Elementary
Room #127
8490 W. Missouri Ave.
Glendale, AZ 85305
Open Monday & Wednesday
9:00 am to 12:00 pm

Avondale
Rio Vista Elementary
Room #308
10237 W. Encanto Blvd
Avondale, AZ 85392
Open Tuesday & Thursday
8:00 am to 12:00 pm

*** RECRUITMENT SITES ARE CLOSED DURING THE SUMMER BREAK ***

Available Family and Community Resources
The Pendergast Family Resource Centers (PFRCs) are staffed with a coordinator and community outreach liaisons who provide information, resources and community referrals for services, answer questions about resources available in the community, and direct parents and caregivers of children birth to five, to services and programs that are responsive to their needs. A variety of print and electronic resources are available for parents at the resource center.
**Parent Programs**
- Parent/Caregiver Workshops & Classes
- Early Language and Literacy Classes
- Health and Nutrition
- Lending Library
- Adult-Child Interactive Classes
- Coffee Time
- Parenting Classes
- Early Childhood Education
- School Readiness
- Child Development
- Physical and Emotional Well-being

**Community Resources**
- AzEIP
- Child Find
- Community Preschool
- Family Support
- Referrals to Community Services
- Internet Accessible Computers
- Family Hub
- Tax Services
- Information for Citizenship
- GED & ESL Classes
- Car Seat Safety Check

The Family Resource Center staff is available to help families find the community resources and supports. All services provided by the Pendergast Family Resource Center are offered at no cost.

**PENDERGAST FAMILY RESOURCE CENTER PARENT/CHILD EDUCATION CALENDAR**

The PFRC provides monthly calendars of activities that are available at each center. Families may provide their email address to receive our monthly newsletter and Class Dojo access for up-to-date information. Please refer to our monthly calendars for all class dates and locations. All classes and workshops require advance registration which can be done directly through our monthly newsletter or on our web page. You may also contact our staff at the PFRC for additional information. (623-772-2339)

**Parent Education Classes**

The Pendergast Family Resource Center offers a variety of evidence-based parent education classes and workshops for parents throughout the year. Classes and workshops are offered to support and empower parents, as well as guide them in developing skills that will help ensure success for their children by the time they enter kindergarten. Classes and workshops promote literacy, music, art, language, motor skills, cognitive and social/emotional...
development. Adult-Child interactive classes are aligned with the Arizona Early Learning Standards and are facilitated in English and Spanish.

Through our partnership with First Things First, the Pendergast Family Resource Center offers a variety of parent education classes at no cost to parents. By participating in these classes, parents have an opportunity to learn skills and techniques to help their child thrive. All classes and workshops require advance registration which can be done virtually through our monthly activity calendar or on our webpage.

**Parent Workshop: School Readiness Kits (0-5 years)**
The Family Resource Center offers readiness kits to assist parents and guardians prepare their children for school. Partnering with Valley of the Sun United Way, they created school readiness Kits that include activities to do with their child. Each activity teaches children skills that are needed for school, such as reading and math.

**Parent Workshop: ReadyRosie Active Family Engagement**
ReadyRosie promotes family strengthening through a series of workshops that focus on building relationships within the home, working through challenging behaviors, building rich literacy and math home environments, and focusing on building strong family/school partnerships. Following each workshop, families can make use of the ReadyRosie digital tool to extend learning beyond the workshop and into daily practice. This combined approach of participation in a series of interactive workshops and receiving rich parenting content at home through complimentary digital format, enables parents to deeply practice parenting skills in the comfort of their home. These workshops are offered in both English and Spanish monthly throughout the year. **Enrollment will be limited to 10 participants, and advance registration is required. Call the PFRC at 623-772-2339 to register.**

**Adult & Child Interactive Class: Bilingual Storytime (2 - 5 yrs)**
Through the use of picture books, songs, poems, fingerplays, puppets, flannel board stories and crafts, the Family Resource Center
offers many early literacy opportunities for young children. Regular attendance will support children in developing early literacy, communication and social skills needed to be ready to learn by the time they enter school. Through the world of literacy, young children learn about the world and how to master emotions and desires. By teaching children how to focus, take turns, and think creatively, they will be better prepared when they start school. This program includes basic concept knowledge (colors, numbers, letters) practiced through a fun, interactive format. There’s also time after the story for a simple craft where children practice fine motor skills like cutting, coloring, squeezing a glue bottle, and drawing.

**Adult & Child Interactive Class: Movin’ and Groovin’ Music Time (0 - 5 yrs)**

“Music is a language, and children are oriented toward learning language. Music evokes movement, and children delight in and require movement for their development and growth” (Margaret Shvets and Raymond Aaron, 2016). Music helps with language development, early math awareness, physical well-being and encourages social interaction between parents and their young children. This class is a fun way for families to sing, dance and move together.

**Adult & Child Interactive Class: Little Artists (3 - 5 yrs)**

Children ages 3-5 experience creativity and imagination through developmentally appropriate art experiences. They also experience a nurturing environment that fosters community and encourages each child’s individual style of creative expression. The Pendergast Family Resource Center strongly believes art education is fundamental in the development of healthy, happy, and engaged minds. This class is recommended for children 3 - 5 since some of the open-ended art materials could be small and potential choking hazards for younger children. It is important to monitor children closely while working with all art and play materials.

**Adult & Child Interactive Class: Play and Connect (2 - 5 yrs)**

Play and Connect provides a unique opportunity to focus on the parent-child relationship and interaction in the context of a group play setting. During playtime, parents can model successful strategies and language to engage children as they participate in role play. The socialization aspect of the group also provides parents an opportunity to connect with other parents.

**Adult & Child Interactive Class: Learning and Fun (2 - 5 yrs)**

Learning and fun interactive classes integrate Math and Literacy learning. Developmentally appropriate math games and activities will support fine motor development, one to one correspondence, number sense, counting, shape awareness and other Math readiness skills. Parents will practice
sharing “Math Talk” conversation with their children in ways that explore early math skills and build confidence through hands-on investigation.

**Family Yoga Pretzels (3 - 5 yrs)**
Our child & parent yoga class targets children from ages three to five. Discover how our yoga stories combine easy yoga poses for kids with reading adventures that will help growing bodies and minds. This class promotes strength and flexibility, improves fine and gross motor skills along with coordination, promotes self-confidence, self-expression, and body awareness, along with a healthy and active lifestyle. Families also learn deep breathing techniques to support developing self-regulation skills. Class is offered once a month.

**Adult & Child Interactive Class: Super Sensory Play (2 - 5 yrs)**
Sensory Play opportunities for children 2 - 5 years old are offered as an interactive class one Tuesday evening and one morning class each month. Children will experiment with play opportunities that stimulate the senses, support social emotional skills, self regulation, and fine motor skill development. You’ll leave each session with ideas of how to use common materials at home to offer sensory play there as well. Be sure your child is dressed for messy play for this class, because that’s what sensory play is all about. Your child will love it, and you’re sure to have fun, too!

**Adult & Child Interactive Class: Energy Busters (2 - 5 yrs)**
This class is active play that builds gross motor/large muscle skills. Children will work their way through an obstacle course of activities specifically planned to build gross motor skills while having fun! Parents/Caregivers will progress side-by-side with their child to provide guidance and support as needed. Activities include opportunities to practice balancing, throwing, catching, kicking, crawling, jumping, and many other ways to build those large muscles. Learning to harness the power of those muscles is the key to the healthy growth of their bodies and brains. It’s sure to be a fun time for all! Don’t forget to bring water for this class! Check our monthly calendar for dates and times.

**Adult-Child Interactive Class: Using Sign Language to Communicate with your Infant/Toddler (0 - 3 years)**
Research shows that parents who sign with their young children feel less stress, have a deeper connection with their toddler, and are more responsive to their children’s needs. In this adult-child interactive class, adults will learn signs through songs, fingerplays, and stories that can be repeated and practiced with children.

**Adult & Child Interactive Class: Food Experience (3 - 5 yrs)**
The food experience class encourages healthy eating in a fun way. Toddlers and preschoolers will explore their own creativity, define their
fine motor skills, and find food appreciation during family quality time. Families will leave the class with fun food ideas that are fun for kids to create at home!

**Adult-Child Interactive Class: Raising a Reader (2 - 5yrs)**

Parents are their children’s first and most important teachers. The Raising a Reader class offers a research-based curriculum that focuses on developing the habit of reading books together. The research is clear - when families are meaningfully involved, children’s academic achievement improves. Adults receive training on shared reading strategies to support their children. Books are provided to families and rotated throughout the 12 week class to practice newly learned strategies as a daily reading habit is developed. A connection to the public library is an integral part of this class to encourage families to maintain the habit of daily shared reading after the class has ended.

**Additional Adult-Child Classes facilitated by PFRC Partners:**

- **“Color Me Healthy”** will be taught by Jasmine Sanchez, Health Educator, from the Maricopa County of Public Health. This class will be offered at Rio Vista and at the main center, and is open to all families with children birth to five. It will be offered twice this year in Fall and Spring. Please watch our monthly calendars for dates. Registration is required. Classes are limited to 20 participants.

- **Physical activity and healthy nutrition classes** will be offered for four consecutive weeks this Fall. This is a fun interactive parent-child class where participants will learn fun interactive games appropriate for children five and under, learn about healthy eating, create healthy snacks, and receive gifts to use at home to promote not only healthy eating, but also child-friendly physical movement. This is a fabulous class taught by Jasmine Sanchez, a specialist in health education. Please watch our monthly calendars for class dates, times and locations. Registration is required. Classes are limited to 20 participants.

  - Do you know that early reading starts before your child enters school? Parents are their children’s first teacher. Early literacy starts at home! The **“Every Child Ready to Read”** class will provide information, tips and strategies for developing early literacy skills at home with your child. Participants will receive three free books to start effective literacy practices at home.

- **“Preschool Science on Wheels”** will be offered at the Pendergast Community Center in the Pendergast School District in 2020 - 2021 year. This traveling program is facilitated by Arizona Science Center staff who bring hands-on interactive Science, Technology, Engineering, and Math (STEM) experiences that are aligned with Developmentally Appropriate Practice standards for children 3 - 5 years old, siblings up to 8 years old may also attend. Classes are interactive with child and parent, and limited to 25 children. **Advance registration is required.** Children must be accompanied by a parent or adult caregiver.
• **The AZ Kith & Kin Project** - Are you a grandparent, relative, neighbor, or caregiver of young children five and under? Kith & Kin is a 14 session class that includes topics such as Yoga, Child Development, Language and Literacy, Routines, Nutrition, Guidance and Discipline, Brain Development. Participants also receive First Aid/CPR certification, car seat safety, free car seats, cribs, child-proofing equipment, plus children’s learning materials and books. Childcare is available. This class will be offered in English and Spanish.

• **Readiness Basket/Opening Doors Parenting Class** - This 14-week class facilitated by Partners in Participation is designed to support families with understanding the importance of play in preparing their children for kindergarten. Early literacy practices aligned with the AZ Early Learning Standards and Infant Toddler Developmental Guidelines will be a large part of this class as parents are valued as their child’s first and most important teacher. Families will receive free books for their children. Parents will also receive CPR and First Aid awareness. Childcare will be provided and children will participate in hands-on learning activities that mirror the curriculum presented to parents. This class will be facilitated in both English and Spanish.

• **Parent Academy** - Parent Academy, facilitated by Partners in Participation, is a program designed especially for pregnant moms/dads, parents, childcare providers, and their children—from newborn babies to five year-olds (60 months). The program consists of 11-14 sessions. This series was implemented to serve approximately 20 – 25 parents at a time. The program promotes the “Strengthening Families Framework” by improving the skills of parents and caregivers as the first and most important teachers of their children, while emphasizing school readiness. This class connects the AZ Early Learning Standards with real-life activities that can be done with children at home. It also offers opportunities for parent leadership development when planning and implementing a “Family Literacy Night”. This class is facilitated in both English and Spanish.

### Expectations for Parent/Family Participation in All Activities

• Active parent/family participation during workshops and classes is expected.
• It is an expectation that parents arrive on time.
• If you are more than 10 minutes late to a class or workshop session, you are asked to attend on another date as a consideration to others.
• When visiting the Family Resource center or recruitment location with your child, it is expected that parents actively engage with their child.
• Completion of a photo/video release form will be requested. We do share photos on Class DoJo, Facebook, First Things First reports, and for promotional purposes. Written authorization is not required in order to participate in classes.
• To support active engagement, phones are expected to be put away when you are in the Family Resource Center, a recruitment PFRC location or when attending a workshop or class.
• Parents/family members are asked to clean up any areas that the child or family has used during a visit to a center or following a class. This reinforces important life skills that children will be expected to do when entering school.
- Attendance at classes after registration is expected. If you are unable to attend a class for any reason, a courtesy call to the PFRC at 623-772-2339 is requested the day before the class is scheduled. Since most classes are limited to 20 participants, if you are unable to attend more than one class, your spot in the class will be offered to a family on the waitlist.

**Family Resource Center Coffee Time/Cafecitos**

Coffee Time is a time to have a cup of coffee and hear about child-specific topics of interest with our Family Resource Center staff and guest speakers. Join us the first Friday of every month from 8:45 to 10:00 am at the Pendergast Family Resource Center in the Pendergast Community Center at 10550 W. Mariposa Street, Suite 2. Watch our calendars for topics of interest. No registration is necessary.

**Parent Advisory Committee**

Our Parent Advisory Committee is a group of parents, grandparents, caregivers, and community members, who come together to provide input on designing programs and services to meet the needs of the families in the community. The PFRC staff and committee members meet on the last Tuesday of each month, at the PFRC in the Pendergast Community Center, 10550 W. Mariposa Street, Ste. 2 from 5:00 - 6:00pm. Snacks are provided. For more information, or if you are interested in joining, please email PendergastFRC@pesd92.org.

**Developmentally Appropriate Practice**

The Pendergast Family Resource Center staff understand that to successfully provide quality workshops and classes to our parents and children, we must continually renew and keep our own training and knowledge current and research-based. The interactive activities we provide are implemented according to the First Things First Standards of Practice and are aligned with the Arizona Early Learning Standards and Infant Toddler Developmental Guidelines provided through AZ Department of Education. Interactive parent/child classes last typically 45 minutes to one hour which is considered developmentally appropriate for young children.

**Parent and Community Outreach**

In an effort to continually provide quality training, assistance, and maintain collaboration with parents, caregivers, and the community, the Family Resource Center staff engage in a series of outreach methods to ensure efficient outcomes and cohesive participation. Our staff collaborate with schools and community partnerships to reach out and connect with parents of children zero to five who can potentially benefit from our services, workshops and classes. Our goal is to ensure two-way communication with our families through the use of text messaging reminders, Class Dojo (established for each of our center locations), monthly PFRC newsletter, and through social media, such as Facebook. We also provide parents and community members print and digital copies of our monthly calendar of activities.
Family Resource Center Locations and Hours

Rio Vista Family Resource Center
10237 W. Encanto Blvd, Avondale, AZ 85392
Tuesday & Thursday 8:00 AM - 12:00 PM
Classes offered from 10:00 - 10:45 AM
Closed June & July

Sunset Ridge Family Resource Center
8490 W. Missouri, Glendale, AZ 85305
Monday & Wednesday 9:00 AM - 12:00 PM
Classes offered from 10:00 AM - 10:45 AM
Closed June & July

Pendergast Family Resource Center
10550 W. Mariposa Street, Suite #2
Phoenix, AZ 85037
August through May Hours: 8:00 AM - 4:00 PM (M, W, TH, F) 8:00 - 6:00 PM (T)
June & July Hours: 6:30 AM to 4:30 PM (M, W, TH, F)
6:30 AM - 6:00 PM (T)

Pendergast Family Resource Center
10550 W. Mariposa Street, Suite #2
Phoenix, AZ 85037
Telephone: (623) 772-2339
Email: pendergastfrc@pesd92.org
The following three pages need to be completed and returned to the Pendergast Family Resource Center staff before participating in activities at the PFRC. Forms may be returned in person, or scanned and emailed to pendergastfrc@pesd92.org.

Photo and Video Consent Form

☒ I understand and give my consent to The Pendergast Family Resource Center to use photos of my child and myself. I understand there will be no financial remuneration to my family. At times we have the opportunity to have television news feature stories covering our work. If that should occur, you are also giving consent to have your child appear in one of these stories. This authorization will remain in effect unless the parent notifies the Family Resource Center of any changes.

☒ I grant permission to the Pendergast Family Resource Center staff to use anonymous photographs and/or short videos of my child and I participating in activities for the purposes of:
  ● Display in Family Resource Centers
  ● Facebook
  ● First Things First Reports
  ● Publicity Materials (brochures, banners, slideshows, etc.)

☒ I request that photos not be taken of myself or family members.

Date: _______________

Children’s Name(s): _____________________________________________________________

Parent or guardian name (printed): _________________________________________________

Signature of parent or guardian: ___________________________________________________

  Phone: _______________________________  

  Email: _______________________________

Address: _________________________________________________________  
  ____________________________________________________________

Support for the Pendergast Family Resource Center is provided by a grant from First Things First, which partners with families and communities to give all Arizona children the opportunity to arrive at kindergarten healthy and ready to succeed. Learn more at www.FirstThingsFirst.org.
Please sign and return to PFRC staff.

☐ I have received a copy of the 2020 - 2021 Pendergast Family Resource Center Parent Handbook. I agree to read the handbook, and abide by the policies stated within.

Date: _________________________________________________________________

Parent Name: _________________________________________________________

Signature: _____________________________________________________________

Names of children five and under: ________________________________________

_______________________________________________________________________

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# Pendergast Family Resource Center
## Family Information Form
### 2020 - 2021

### Child Information
Please list the names and ages of children in your care who are 0-5 years old and not in kindergarten.

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<th>Last Name</th>
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### Adult Information
Please list the names of adults who might be attending Pendergast Family Resource Center classes and events.

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<th>First Name</th>
<th>Last Name</th>
<th>Relationship to Child</th>
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### Primary Contact Information

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<th>Zip Code</th>
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Would you like to receive emails/newsletters about the Pendergast Family Resource Centers’ classes and services?

- [ ] I am already receiving emails
- [ ] Yes
- [ ] No

Would you like to be connected to community resources?

Complete the information below, and we will contact you to discuss your needs and connect you to local resources that are available to you and your family. Check all that apply.

- [ ] Clothing Assistance
- [ ] Baby Needs Assistance
- [ ] Food Assistance
- [ ] Housing/Utility
- [ ] Vision/Dental Screenings
- [ ] Childcare/Preschool Information
- [ ] Parenting Workshops
- [ ] Child Development Concerns
- [ ] Other Resources (please specify)  

|__________________________________________________________________________________________|

How did you hear about us?

_____________________________________________________________________________________

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We BEE-lieve in You!
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Pendergast
Family Resource Center

First Things First
Family Resource Network