

**Recommendations for Early Childhood Parent Education Nights**

**Nutrition and Children:** Invite a nutritionist to speak to parents about healthy eating, snacks and mealtimes. Contact your local children’s hospital, pediatric group, or Community Health Services to find a local nutritionist. Find out if there is a nutritionist among your school parents or parish community.

**Parenting in the Digital Age and Internet Safety:** Invite a public safety officer at your local police department.

**Parenting in the Faith:** Invite a speaker to talk to parents about parenting within our faith. Speaker ideas include: pastor, deacon, parish faith formation leader or Tom Curran at mycatholicfaith.org (based in Burien, WA).

**Sensory Processing:** Contact a local Occupational Therapist to talk to parents about children’s sensory needs.

**College Financial Planning:** Invite a speaker to talk to parents of young children about how to start saving for college while they are young. Many companies have free workbooks on the topic. Find out if there is financial planner among your school parents or parish community or reach out to a local financial planner.

**Love and Logic Parenting Classes:** Offer a Love and Logic parenting class series (6 weeks). Find a local trainer through loveandlogic.com

**Local ESDs (Educational Services Districts)** offer trainings for staff and may be willing to present to parents on subjects like communicating with children and early childhood development.