

NR 090613

Free classes offer parents support and strategies

Parenting isn't easy, but thanks to Family Stepping Stones, families can get the help they need through several free classes. All classes will be provided at the Gladstone Center for Children & Families, at 18905 Portland Avenue. To register, call Chelsea Hamilton at 503.496.5764 or email ParentingNowFSS@gmail.com.

Three monthly, drop-in classes are available throughout the school year for families with specific information depending on the age of one's children. Participants are encouraged to share their experiences and bring their toughest questions. Families may attend any or all of these classes. Free dinner and childcare are always provided.

Beautiful Babies: This class for parents with children under 18 months meets first Thursdays from October through May. Topics include child development and milestones, parenting styles, self-care, sleeping, feeding, and playing with your baby.

Terrific Toddlers: This class for parents with children 18 months to 3 years old meets 2nd Thursdays from October through May. Topics include toilet training, child safety, positive discipline strategies, learning through play, and ways to encourage language and social development.

Growing Up: This class for parents with children age 3 to 6 meets 3rd Thursdays from October to May. Topics include school readiness and adjustments, healthy screen time and nutrition, love languages, and positive sibling and peer relationships.

Incredible Infants: For new moms and their infants under 6 months old, a weekly 10-week course is offered on Wednesdays from September 18 to November 20 on a space-available basis. (Grandmothers also welcome) A free light lunch is provided. Register in advance to find out class times. Classes include infant massage, encouraging infant development, self-care, understanding your unique baby, the importance of play, family life, and guiding your mobile baby.

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Robotics club invites teens to join

The Gladstone Robotics Club is kicking off the new school year with a barbecue in hopes of recruiting more high school and middle school students to join the group. The club, in existence for four years, competes in a national program called FIRST: For Inspiration and Recognition of Science and Technology.

"Families are invited to drop by even if they don't join the group," said mentor James Ward. "We hope they'll take advantage of this chance to have a free hot dog and see our robots in action."

The robotics club gives high school and middle school students a chance to gain hands-on experience in programming, electrical and mechanical fabrication, photography, marketing, and leadership. Participants work with skilled mentors who are committed to the program's success. For more information, visit the club website at www.gladstonerobotics.com/home.

The barbecue and open house is Tuesday, September 10 from 6:30 to 8:30 p.m. at Gladstone High School, 18800 Portland Avenue. The gathering is at the group's regular meeting spot, in the old woodworking shop behind the school baseball field and beside the batting cages.

Team sponsors include Intel, Boeing, Mentor Graphics, A-dec, Autodesk, and many others. Businesses interested in supporting the group can call 503.898.0372 or email contactus@gladstonerobotics.com.