

Who Can Enroll?

Families with limited resources, limited access to parenting information, and/or limited access to early childhood education can enroll.

- Van-Based B.e.e.—One adult caretaker and a related child between 2 and 5 years old enroll and participate in the B.e.e. program together.
- B.e.e.ing Families and/or B.e.e.ing Healthy—Any adult that serves as a caregiver for a child between 2 and 5 years old can attend the group sessions.

How Do I Enroll?

Call or visit your county Extension office, and ask to talk to the agent in charge of the B.e.e. program in your county.

In Perry County, call 334-683-6888

In Macon County, call 334-727-1320

We are appreciative to the Cooperative State Research, Education, and Extension Service of the U.S. Department of Agriculture for funding supporting these programs under the CYFAR initiative.

You will find more information on strengthening children, youth, families, parents, and communities on the Web:

www.aces.edu

www.cyfernet.org



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Strengthening Rural Alabama Families

Helping parents to have a positive impact on the future success of their children.

Sharing information about

- school readiness
- strong adult relationships
- keeping family members healthy

HE-833



Begin Education Early (B.e.e.): Getting Ready for School

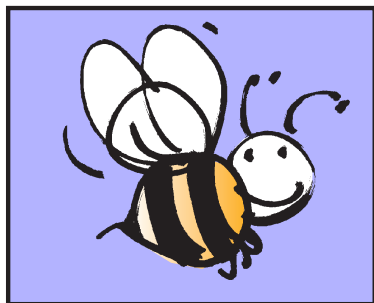
Success in life begins with a good education. Parents who know how children learn in their first five years are better able to prepare them to do well in school.

What Are the Goals of B.e.e.?

- Parents will learn how to help their young children get ready to learn.
- Children will enjoy a stimulating learning environment and one-on-one attention.
- Parents will develop new skills to support and encourage children's intellectual and social development.

How Does the Program Work?

A B.e.e. educator will travel to your home in a van equipped to be a school-on-wheels. You and your child board the van and spend 1 hour each week for 10 weeks enjoying planned learning activities.



B.e.e.ing Families: Building Healthy Relationships

Strong relationships among adults who care for children in the family are also important in helping children succeed. Children think and learn better when relationships at home are positive.

What Are the Goals of B.e.e.ing Families?

- Parents will develop skills needed for healthy adult relationships and family relationships.
- Parents will learn the importance of healthy couple relationships to children's well-being.
- Parents will learn how to have more positive coparenting relationships.

How Does the Program Work?

During a 2-month period, six interactive class sessions are held for adults in a group setting. A B.e.e. educator leads participants in program activities and informal instruction for 1 to 2 hours each session.

B.e.e.ing Healthy: You and Your Health-Care System

Knowledge about keeping all family members healthy and how to use the health-care system when they are ill will help keep children from missing school days important to successful learning.

What Are the Goals of B.e.e.ing Healthy?

- Parents will learn the importance of early and routine primary care.
- Parents will learn skills to help them better interact with the health care system.
- Parents will learn how to better use community services related to children's health.

How Does the Program Work?

Over a two-month period, 6 interactive class sessions are held for adults in a group setting. A B.e.e. educator leads participants in program activities and informal instruction for 1 to 2 hours each session.

