WHAT IS LET’S CONNECT?
Let’s Connect is a 8-week parenting group that strengthens relationships between children and the adults who care for them.

WHO CAN BENEFIT?
Families with children ages 3-15 years. This parenting group is for all caregivers, including parents, grandparents, foster parents, etc.

PARENTS WILL LEARN:
• How to manage stress related to parenting
• How to talk with your child about feelings in a way they can understand
• How to set healthy limits and respond to challenging behaviors
• How to talk about important family topics and changes with children and teens
• How to develop simple and joyful ways to connect with your child everyday

CHILDREN WILL LEARN:
• How to identify and share feelings and needs with caregivers
• How to express feelings safely and respectfully
• How to make good choices when experiencing strong feelings

IS THERE RESEARCH TO SUPPORT LET’S CONNECT?
Yes! Let’s Connect was developed by psychologists with expertise in child development and parenting. Research tells us that caregivers who teach their kids about emotions and model healthy coping have kids who do better with learning at school, managing their emotions, and getting along with others. Kids who get emotional support from their caregivers feel more comfortable sharing their worries and concerns and asking for help.

Let’s Connect was developed by child and family psychologists at:
Institute of Behavioral Science
UNIVERSITY OF COLORADO BOULDER

For more information, visit: LetsConnect.org