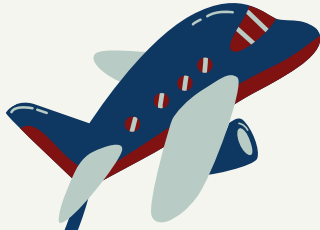


**Towards a
brighter
future for
your
family.**



LIVEWELL
NORTHWEST KANSAS

A free program to you, PALS is
funded through the Kansas
Children's Cabinet and the Trust
Fund Early Childhood Block Grant.



CONTACT US

Maureen Ostmeyer
Certified Parent Educator
Smart Start (785) 465-9103
Mobile (785) 672-5025
maureeno@nwksprevention.com

Smart Start Northwest Kansas

Operating under the direction of:

LiveWell Northwest Kansas

460 N. Garfield
Colby, KS 67701
(785)460-8177
www.livewellnwks.org

PALS PARENT COACHING

A FREE course offered by Smart
Start of Northwest Kansas.

Play with your child while
earning a \$100 completion
bonus!

who we are

Certified Parent Educator Maureen Ostmeyer lives near Oakley and meets with families just like yours all over Northwest Kansas. Maureen is the mom of three grown boys and brings 40 years of experience and passion for helping families and children. Maureen holds many fancy titles, certifications and degrees showing how great she is at her job. But, the most important part is that she's friendly and ready to share her tips and tricks to help you succeed in your parenting journey.

Please consider contacting Maureen today to learn more about the PALS Program and other services offered by LiveWell Northwest Kansas. All of our programs are free and some even offer a monetary completion bonus.

We understand it takes a village to raise a child and we're here for you.

about the program

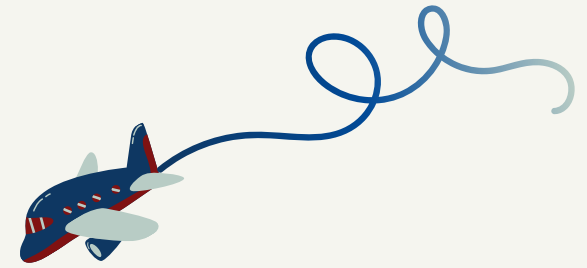
PALS

This is a short and snappy name for our **Play and Learning Strategies** program that helps strengthen the bond between parents and children to encourage early language skills and social development. Through 10 weekly sessions, Maureen will help you master the art of interacting with your child through play. Through in-the-moment help, you'll learn how to understand your child's wants and needs, and how to respond sensitively-- especially stressful signals like outbursts and crying. Through play, you'll learn how to encourage cooperation and positive behaviors that will help you better manage everyday things like mealtime, dressing, bathing and running errands.

INTERESTED IN PALS?

Any parent, primary caregiver, or legal guardian who has a child between the ages of 2 months and 48 months can enroll.

Call (785) 465-9103 today.



Play time is the best time to learn. A PALS session takes place in your home with your baby and a PALS coach. And, each session includes videos of actual parents playing with their baby because we know that people learn best by example.

COMPLETION BONUS

Let us reward you for taking the initiative towards a brighter future for your family. Once you finish the 10 sessions, you'll receive a \$100 completion bonus.

