

Mission

The early elementary school years are a time of significant growth for children and a period when they need to acquire healthy development skills. During this time, it is important for children to have opportunities to learn and succeed at school, to receive recognition for their accomplishments, and to form relationships with positive people in their lives. Early Risers is a health promotion program that seeks to teach children important life skills within a consistent and supportive environment provided in the home, school, and community. When working effectively, this support network helps children make good decisions that will result in healthy and successful adjustments.

Goals:

- ◆ Promote a positive attitude towards school and learning that makes children feel proud, successful, connected and committed
- ◆ Provide opportunities for success
- ◆ Build self-confidence and self-esteem
- ◆ Learn skills to make friends and to be a good friend
- ◆ Learn to express feelings, communicate effectively, and control anger and frustration
- ◆ Support parents' involvement in their child's development

Contact Information

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Early Risers was founded by **Gerald August, Ph.D.** at the University of Minnesota Medical School.

EARLY RISERS

Skills for Success Program



North Dakota State University & University of Minnesota

Early Risers has been awarded
"Model Program" status by:

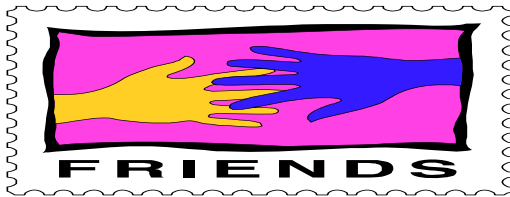
- ✓ Center for Substance Abuse Prevention's National Registry of Effective Prevention Programs
- ✓ Office of Juvenile Justice and Delinquency Prevention
- ✓ National Institute on Drug Abuse



Early Risers Components

Summer Friendship Groups

Children in the Early Risers Program are enrolled in a fun six-week summer friendship group. Every day, children receive one hour each of social skills development, reading enrichment activities, and creative arts activities.



School Year Friendship Groups

During the regular school year, children will participate in weekly groups that build on social skills and reading enrichment lessons that were introduced in the summer. Friendship groups help children make new friends, try new activities, and promote their love of reading.



School Support

An Early Risers Family Advocate will help parents identify their child's school needs. They will create an individual plan with the child to make school a more positive experience. Students will have one more person in their corner to encourage and support them to be the best they can.



Family Support

Parents will receive the support of an Early Risers Family Advocate for themselves and their child. Activities include assistance achieving basic needs and moving to higher level activities such as building parenting skills and solving family conflict.

Parents Excited About Kids (PEAK)

Parents or guardians of Early Risers children are invited to participate in 5 Family Night activities per year, which include education and family building activities.

Family Nights:

Five times a year, Early Risers families come together for food, fun, and friends. Family nights encourage parents to develop supportive relationships with other parents.



Parent Education:

Parents or guardians of Early Risers children participate in an ongoing, parent support and training group during PEAK Nights. Bi-monthly groups offer a unique opportunity for parents to learn and receive support from other parents. Parent Education is designed to inform and energize parents about key parenting challenges, such as effective discipline and enhancing children's compliance.