

# TAPP Newsletter

December  
2024

## What We Learned

During this wintery month of December, we really kicked things off in our TAPP Mom's program. We talked through our credits system and developed curriculum plans to meet each student's needs. Topics of focus included: KOOTASCA Community Action & other resources available, house vs. home and what each means to us, baby's 1st year and the personal struggles and triumphs that go with it, breast feeding, holiday memories and traditions we wish to pass down to our little ones, developmental milestones, nurturing skills, what we would do differently than our parents, and volunteer opportunities. Upcoming topics include: tackling mental health issues like- impulse control, coping skills, decision making, and understanding other's perspectives in relationships.

## Speaker Spotlight

KCA- Crisis Housing

New Beginnings Pregnancy Center

Public Health- Itasca Resource Center

## Other Information

- Dad 's class also available.
- Referral form and more information at [kootasca.org](http://kootasca.org)

## Reminders

Who: Pregnant or parenting "teens" 21 and under.

What: Mom classes

Where/When: ALC Ojibwe Room- Tuesdays, 10am-2pm

Why: To teach parenting and life skills and help earn credits to graduate high school.

## Contact Info

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