



ECFE, New Hope Learning Center
8301 47th Ave N, Room 15
New Hope, MN 55428

Welcome to ECFE

We are pleased to offer you a variety of FREE baby classes! We invite you to get to know us and learn how ECFE can support you along your parenting journey.

- Babies & Books
- Baby Massage
- Baby Talk and Play
- Birth-5 month classes
- Grandparents Class
- HUG - home visits
- Making the First Months Matter
- Sleep? Dream On!

Attend three or more FREE classes and receive \$10 off your 6-10 month class fee!

Do you have older children?
ECFE offers classes for parents with children from birth through pre-kindergarten.

- Terrific Twos (1 & 2-days/wk)
- Mixed Age Adventures 2-5 yrs
- Kids Create Art
- Math Rocks
- New Brother/New Sister
- Seeds of Imagination
- Family Gym Time
- Parent Connections (parent only classes)

Baby Talk and Play For parents and children 6-20 months

Come and explore our infant classroom as you enjoy one-on-one playtime, reading, music and movement fun with your child. This informational class is lead by a licensed early childhood teacher, who is on hand to answer your parenting and child development questions. There is no fee or registration needed for this class.

Tuesdays Sept 15-June 1
10:45 am-12:15 pm Rm 18

Early Childhood Family Education 2020-2021

Classes and activities for families with children birth through pre-kindergarten

Infants & Wonderful Ones

The following classes are offered at no cost

Babies & Books

Join us for this literacy focused class. Play with your baby, meet families, and enjoy stories and songs. A light snack will be served and families will go home with a free book for their home library! These classes are co-sponsored with HUG (Helping Us Grow).

Parents and their infants-birth-12 months

EF-F101	M	Oct 26, 2020	1:15-2:15 pm	Rm 18
EF-F102	Th	Dec 3, 2020	1:15-2:15 pm	Rm 18
EW-F103	Th	Feb 25, 2021	6:15-7:15 pm	Rm 25
EW-F104	M	May 10, 2021	1:15-2:15 pm	Rm 18

Baby Massage

Enhance baby's development, digestion, sleep and ability to relax through loving touch, sight, sound and movement. Massage also helps to improve communication and build your attachment to your baby. Bring a blanket for your baby.

Parents and their infants-1 month-crawling

EF-F107	Th	Oct 22, 2020	1:15-2:15 pm	Rm 18
EF-F108	M	Nov 16, 2020	6:15-7:15 pm	Rm 23
EW-F109	Th	Jan 28, 2021	1:15-2:15 pm	Rm 18
EW-F110	M	Mar 22, 2021	6:15-7:15 pm	Rm 23
EW-F111	Th	Apr 22, 2021	1:15-2:15 pm	Rm 18
EW-F112	Th	May 27, 2021	1:15-2:15 pm	Rm 18

Making the First Months Matter

Your baby's brain is growing and changing every second! Learn more about the important role you play in building your baby's brain and leave with brain building activities you and your baby can enjoy together.

Parents and their infants-birth-12 months

EF-F113	M	Aug 31, 2020	6:15-7:15 pm	Rm 18
EW-F114	M	Jan 4, 2021	6:15-7:15 pm	Rm 23
EW-F115	Th	Jan 7, 2021	1:15-2:15 pm	Rm 18
EW-F116	Th	June 3, 2021	1:15-2:15 pm	Rm 18

Sleep? Dream On!

This two-week class is designed to help you understand your baby's sleep behaviors and how to gently introduce age appropriate strategies to support healthy sleep.

Parents and their infants-6-15 months

EF-F117	T	Nov 10, 17	1:15-2:15 pm	Rm 18
EW-F118	Th	May 13, 20	1:15-2:15 pm	Rm 18

Child care for siblings is available at no cost on a limited basis for classes listed above.

For more information or to register, visit ced.rdale.org or call the ECFE office at 763-504-4170.

New Wonders

Having a new baby is exciting and challenging. It is a major adjustment in families' lives. These relaxing, informative classes are designed to be your time to slow down and enjoy your child. Children will experience a variety of sounds, textures, and physical activities as they learn through movement and their senses.

You will learn about child development as you meet with our licensed parent educators and other parents to discuss sleep schedules, nutrition, infant development and more. You'll have the opportunity to observe your child, develop your parenting goals, and enjoy the interactive time you spend together.

Parents and their children birth-5 months

Session 1			Session 2							
Includes information on adjusting to life with a new baby, building a relationship with a baby, understanding infant sleep and supporting infant development.			Builds on information provided in Session 1, with all new topics. We recommend starting with Session 1.							
FREE! Session 1 classes are offered with no fee.			FREE! Session 2 classes are offered with no fee.							
EF-D101	Th	Sept 17-Oct 29 9-10:30 am	Rm 18	EF-D201	Th	Nov 5-Dec 17 9-10:30 am	Rm 18			
EF-D102	W	Sept 16-Oct 28 6:15-7:30 pm	Rm 18	EF-D202	W	Nov 4-Dec 16 6:15-7:30 pm	Rm 18			
EF-D103	M	Nov 2-Dec 14 10:45 am-12:15 pm	Rm 25							
EF-D104	T	Nov 10-Dec 15 6:15-7:30 pm	Rm 25							
EW-D105	M	Jan 4-Mar 8 9-10:30 am	Rm 25							
EW-D106	Th	Jan 7-Mar 11 6:15-7:30 pm	Rm 18							
EW-D107	M	Mar 15-May 24 9-10:30 am	Rm 25							
EW-D108	Th	Mar 18-June 3 6:15-7:30 pm	Rm 18							
Session 3										
Families who took a Session 1 or 2 class may continue with new topics, Session 3. Families, with children ages 6-10 months as of January 1, are also welcome to begin!										
EW-B301	Th	Jan 7-June 3	9-10:30 am	Rm 18						
EW-B302	W	Jan 6-June 2	6:15-7:45 pm	Rm 18						
EW-B303	M	Jan 4-May 24	10:45 am-12:15 pm	Rm 25						
EW-B304	T	Jan 5-June 1	6:15-7:45 pm	Rm 25						

Full Year Infant Classes - Parents and their children 6-20 months

6-10 months - For children born Oct 1, 2019-Feb 28, 2020

EF-B115	M	Sept 14-May 24	6:15-7:45 pm	Rm 18
EF-B116	T	Sept 15-June 1	9-10:30 am	Rm 18
EF-B117	Th	Sept 17-June 3	10:45 am-12:15 pm	Rm 18

11-15 months - For children born May 1, 2019-Sept 30, 2020

EF-B118	M	Sept 14-May 24	10:45 am-12:15 pm	Rm 18
EF-B119	T	Sept 15-June 1	6:15-7:45 pm	Rm 18
EF-B120	W	Sept 16-June 2	9-10:30 am	Rm 18
EF-B121	F	Sept 18-June 4	10:45 am-12:15 pm	Rm 18

16-20 months - For children born Dec 1, 2018-Apr 30, 2019

EF-B122	M	Sept 14-May 24	9-10:30 am	Rm 18
EF-B123	W	Sept 16-June 2	10:45 am-12:15 pm	Rm 18
EF-B124	Th	Sept 17-June 3	6:15-7:45 pm	Rm 18
EF-B125	F	Sept 18-June 4	9-10:30 am	Rm 18

HUG

Helping Us Grow

One-to-one visits for new or expectant parents

HUG is a community partnership designed to support all expectant families and families with children up to 2 years old.

HUG provides

- Free, one-to-one visits with a caring, knowledgeable MN licensed parent educator
- Current information on parenting, baby's development, and community resources
- Opportunities to connect with other families with newborns in the area
- A *Welcome New Baby* gift and more...

HUG is offered in partnership with Robbinsdale ECFE and the Hennepin County Family Services Collaboratives in Robbinsdale.

For more information or to arrange a visit, call HUG at 763-504-4983 or ECFE at 763-504-4170.

Para recibir más información en español, por favor llame al 763.504.8985, deje un mensaje con su nombre y número telefónico y un trabajador bilingüe le regresará la llamada.

Grandparents Class

"When a child is born, so are grandparents." Whether you will be, or are grandparenting, near or far, join other grandparents as you prepare for this special role, relationship and time in your life. We will explore how to support a brand new family, reading baby's cues and behaviors, ideas for play, and get an update of today's safety practices. There is no fee for this class.

Grandparents of infants pre-birth to 12 months

EF-F121	M	Oct 26, 2020
6:00-7:30 pm	Rm 23	
EW-F122	M	Apr 26, 2021
6:00-7:30 pm	Rm 23	

6-20 month classes are offered on a sliding fee scale based on family income. Childcare for sibling is also offered. For fees and other information, please visit ced.rdale.org or call the ECFE office at 763-504-4170.