

Spring 2024

Early Childhood Family Education **ECFE**

Register for the lottery
by March 5!

Social and Emotional
Well-Being: Our
Children, Ourselves

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Managing Life
Transitions with
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DISTRICT 196

COMMUNITY EDUCATION

One District. Infinite Possibilities.



ce.district196.org/ecfe

ECFE is for you!

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Early Childhood Family Education (ECFE)

Weekly Classes

- **Parent-child time:** Deepen your relationship with your children.
- **Parent discussion group:** Meet with other parents and a licensed parent educator to share and learn about relevant parenting topics, get support and ask questions.
- **Children's program:** Children will learn through play. The licensed early childhood teacher will share music activities, circle and story times.

Our ECFE program also offers one-time weekly events for parents and children to enjoy together, including Family Playtimes and Feeding Your Baby: Find the Support You Need. **See the Baby page and back cover for details. Check our Facebook page, facebook.com/district196ecfe for updates.**

For more information about weekly classes and one-time events, call 952-388-1953 or visit ce.district196.org/ecfe to register.



Winter Family Fun

Saturday, March 2, 2024

9:30-11:30 a.m.

Dakota Valley Learning Center

4679 144th Street West, Apple Valley

Free to attend. Donations will be accepted at the door.

Minnesota winters can get long. Are you looking for ways to beat those winter blahs with your little ones? Join us for some family fun at the Dakota Valley Learning Center! The ECFS Advisory Council will host a variety of activities for you to play and be creative. Shake those sillies out with a family dance party.

A silent auction will be held at the event with proceeds going to support the Foundation for Early Childhood Family Services. More details to follow.

See our website, <http://tinyurl.com/ecfewinterfamilyfun>, for details.

Come Join our ECFE Family this Spring

Parenting is one of the most important and challenging roles adults may have, and most often they enter into their parenting journey with limited experience and information. Parents commonly seek out social and developmental learning experiences for their children in their early years, but seldom realize how necessary it is to be with other parents who have the same questions and are experiencing the same stressors that they are. In the past few years, it has become even more apparent that we all need the support of each other as we navigate the challenges of parenting in our world today.

What is ECFE?

Early Childhood Family Education (ECFE) recognizes that parents are their child's first and most important teachers. ECFE offers parents hands-on learning experiences that will nourish a lifetime of teachable moments.

- All ECFE classes are taught by licensed early childhood teachers and parent educators to provide the quality education parents are looking for.
- ECFE teachers use the Parent Education Core Curriculum Framework and Early Childhood Indicators of Progress: Minnesota's Early Learning Standards provided through the Minnesota Department of Education.
- Parents and children, newborn to grade three, participate together in experiences that foster children's social, emotional, cognitive, physical and language skills.

What happens in ECFE?

A typical ECFE class includes:

Parent-child interaction is the time where parent and child together enjoy a classroom filled with developmentally appropriate learning activities.

Parent education provides relevant, effective education and support that encourages a healthy environment for the growth and development of families.

Children's activity time is during parent education time when children explore, gain independence and practice social skills while under the supervision of a licensed children's teacher.



As required by Title IX and other state and federal nondiscrimination laws, District 196 does not discriminate in employment or in any of its education programs and activities, including vocational opportunities, on the basis of sex, race, religion, color, creed, national origin, marital status, familial status, disability, status with regard to public assistance, sexual orientation, gender identity, membership or activity in a local human rights commission, age or genetic information. District 196 provides equal access to designated youth groups. The Director of Human Resources, Shelly Monson (651-423-7859 – shelly.monson@district196.org) is the designated Title IX Coordinator and has also been designated to respond to employment-related inquiries regarding the district's non-discrimination policies. The Director of Elementary Education, Jeremy Sorenson (651-423-7782 – jeremy.sorenson@district196.org) and the Director of Secondary Education, Michael Bolsoni (651-423-7712 – michael.bolsoni@district196.org) have been designated to respond to student-related inquiries regarding the district's non-discrimination policies. The Director of Special Education, Janet Fimmen (651-423-7629 – janet.fimmen@district196.org) has been designated to respond to inquiries concerning the rights of a student with a disability. The mailing address for all directors is 3455 153rd Street W, Rosemount, MN 55068. Title IX inquiries may also be referred to the Assistant Secretary of the US Office for Civil Rights.



Babies

Babies: Birth Through 11 Months

Non-Separating, Babies Only

Babies sure bring big changes to every family! Join other parents of infants and learn how to make the adjustment to 'being a family.' This will be a relaxing and informative class. You can ask your questions, and we will share ideas with you about building a solid base for your family. We will also have time to sing songs and play some games.

Tue | Apr 9-Jun 4 | 3:30-5:00 p.m. | FREE*
Room 216 | 103-216A | Cindy Y. and Laurie

Tue | Apr 9-Jun 4 | 5:30-7:00 p.m. | FREE*
Room 216 | 103-216B | Cindy Y. and Laurie

Fri | Apr 5-May 31 | 8:45-10:15 a.m. | FREE*
Room 216 | skip Apr 26 | 103-216C
Cindy Y. and Mandi D.

***Baby classes are free to School District 196 families.
Out-of-District families use Fee B.**



'The staff are all so kind, supportive and help alongside the parents. They make everyone feel welcome.'

– ECFE parent



**'I have learned to recognize my child's emotions,
validate them and teach my child to manage them.'**

– ECFE parent

Feeding Your Baby: Find the Support You Need

Welcome to this free, informal drop-in baby feeding group. Join our licensed parent educator and certified lactation staff from Dakota County Public Health, along with other parents just like you who are looking for support with feeding your baby. All feeding decisions are supported. Share experiences with parents who are also adjusting to life with a baby. Bring your questions or just come to listen. Enjoy parent-child interactive play, including circle time. If you need lactation/feeding support or want to have your baby weighed, stop by, we would love to share some resources with you. No pre-registration is needed. Our team will help with common topics around feeding such as these:

- Child growth and development
- Feeding behaviors and feeding relationship
- Latching
- Feeding positions
- Pumping and milk storage
- Supply issues
- Returning to work
- Starting solids and transitioning to table food
- Transitioning to whole milk
- Weaning

Fri | Apr 5-May 31 | 10:30 a.m.-12:00 p.m. | FREE
Room 216 | skip Apr 26 | Cindy Y., Mandi D.
and Lactation Staff from Dakota County Public Health

Toddlers and Twos

Parents and Ones

12-24 Months

Non-Separating, Siblings Welcome

Looking for a fun class for your one-year-old? Join other parents and toddlers for a morning, afternoon or an evening class. Toddlers love to take off and explore if their parents are close by. The parent discussion will take place in the children's room, where toddlers can check in with their parents if they need to. **Please register ALL children, including siblings, who will be attending class.**

Mon | Apr 8-Jun 3 | 8:45-10:15 a.m. | Fee B
Room 216 | skip May 27 | 220-216A
Cindy Y., Caren and Mandi D.

Mon | Apr 8-Jun 3 | 10:45 a.m.-12:15 p.m. | Fee B
Room 216 | skip May 27 | 220-216B
Cindy Y., Caren and Mandi D.

Wed | Apr 3-Jun 5 | 3:30-5:00 p.m. | Fee B
Room 216 | 220-216C
Susan E., Caren and Lisa

Wed | Apr 3-Jun 5 | 5:30-7:00 p.m. | Fee B
Room 216 | 220-216D
Susan E., Caren and Lisa

Parents and Ones: Gradually Separating

12-24 Months

Gradually Separating, Siblings Welcome



Toddlers this age are wonderful sources of boundless determination, enthusiasm and energy. Their curiosity and need for predictability make this year exciting and challenging. Your children will be able to experience separation from you as the class progresses and they build trust in our staff. We will work to meet the individual needs of each child as the parents meet in a separate room for discussion of topics chosen by the group. **Please register ALL children, including siblings, who will be attending class.**

Thu | Apr 4-May 30 8:45-10:15 a.m. | Fee B
Room 216 | 221-216A
Susan E., Caren, Akiko and Mandi D.

Thu | Apr 4-May 30 | 10:45 a.m.-12:15 p.m. | Fee B
Room 216 | 221-216B
Susan E., Caren, Akiko and Mandi D.

Parenting Ones and Twos

15-30 Months

Non-Separating, Siblings Welcome

Ones and Twos are growing at high speed and love to explore everything in their world. Developing limits as they set out to try everything in sight can be challenging. Make a date with your toddler to learn and play together. You will meet other parents and learn and share about this incredible stage in your children's development together. **Please register ALL children, including siblings, who will be attending class.**

Wed | Apr 3-Jun 5 | 8:45-10:15 a.m. | Fee B
Room 216 | 230-216A
Michelle, Caren and Mandi D.

Wed | Apr 3-Jun 5 | 10:45 a.m.-12:15 p.m. | Fee B
Room 216 | 230-216B
Michelle, Caren and Mandi D.

Parents and Twos: Gradually Separating

24-35 Months

Gradually Separating, Siblings Welcome

Twos are growing at high speed, so they require guidance and limits as they set out to try everything in sight. Make a date with your two-year-old and learn delightful ways to enjoy time together. You will value a parent group where you can learn about and share this super stage in your child's development. Your children will be able to experience separation from you as the class progresses and they build trust in our staff. We will work to meet the individual needs of each child as the parents meet in a separate room for discussion of topics chosen by the group. **Please register ALL children, including siblings, who will be attending class.**

Tue | Apr 9-Jun 4 | 8:45-10:15 a.m. | Fee B
Room 216 | 256-216A
Cindy Y., Caren, Janet and Mandi D.

Tue | Apr 9-Jun 4 | 10:45 a.m.-12:15 p.m. | Fee B
Room 216 | 256-216B
Cindy Y., Caren, Janet and Mandi D.



'ECFE has helped me to be less frustrated and better handle difficult situations in a more positive way.'

– ECFE parent



Ages 2-5

Parents and Twos

24-35 Months

Separating, Siblings Welcome

Twos are growing at high speed, so they require guidance and limits as they set out to try everything in sight. Make a date with your two-year-old and learn delightful ways to enjoy time together. You will value a parent group where you can learn about and share this super stage in your child's development. **Please register ALL children, including siblings, who will be attending class.**



Mon | Apr 8-Jun 3 | 8:45-10:15 a.m. | Fee B
Room 215 | skip May 27 | 255-215A
Susan S., Heather V., Akiko and Janet

Mon | Apr 8-Jun 3 | 10:45 a.m.-12:15 p.m. | Fee B
Room 215 | skip May 27 | 255-215B
Susan S., Heather V., Akiko and Janet

Mon | Apr 8-Jun 3 | 5:30-7:00 p.m. | Fee B
Room 216 | skip May 27 | 255-216
Cindy Y., Caren, Holly and Lisa

Wed | Apr 3-Jun 5 | 8:45-10:15 a.m. | Fee B
Room 215 | 255-215C
Susan S., Mandy H., Akiko and Laurie

Wed | Apr 3-Jun 5 | 10:45 a.m.-12:15 p.m. | Fee B
Room 215 | 255-215D
Susan S., Mandy H., Akiko and Laurie

Parenting Your Two- or Three-Year Old

24-48 Months

Separating, Siblings Welcome



This is indeed a special developmental time for you and your child. The transition from toddler to preschooler is in full swing and brings with it delight and surprise as children navigate their world. Hold onto your hat as your child takes you on this roller coaster ride. Language, motor development, social skills and handling big feelings are all a part of the everyday learning. **Please register ALL children, including siblings, who will be attending class.**

Thu | Apr 4-May 30 | 8:45-10:15 a.m. | Fee B
Room 204 | 265-204A
Laura, Katie KS, Cindy S. and Julie M.

Thu | Apr 4-May 30 | 10:45 a.m.-12:15 p.m. | Fee B
Room 204 | 265-204B
Laura, Katie KS, Cindy S. and Julie M.

Fri | Apr 5-May 31 | 8:45-10:15 a.m. | Fee B
Room 118 | skip Apr 26 | 265-118A
Joy, Jocelyn, Dani and Melissa

Fri | Apr 5-May 31 | 10:45 a.m.-12:15 p.m. | Fee B
Room 118 | skip Apr 26 | 265-118B
Joy, Jocelyn, Dani and Melissa

Parents and Threes

Separating, Siblings Welcome

Three-year-olds are bursting with energy and enthusiasm for learning. It is a time of physical, emotional and intellectual change. Connect with other parents of threes to discuss their curious questions, power struggles, emotions and bursts of language. Friendships are a focus for this age, and they will practice social skills under the guidance of our early childhood staff. **Please register ALL children, including siblings, who will be attending class.**

Tue | Apr 9-Jun 4 | 9:15-11:30 a.m. | Fee A
Room 215 | 275-215
Susan S., Heather V., Akiko and Gail

Parents and Preschoolers

Ages 3-5 Years

Separating, Siblings Welcome

This class, specially focused on ages three, four and five, covers a variety of parenting topics to offer you and your children a super time together. The parent group will decide which topics to discuss, such as self-esteem, discipline and power struggles. Preschoolers will enjoy doing new things and meeting new friends. **Please register ALL children, including siblings, who will be attending class.**

Tue | Apr 9-Jun 4 | 1:00-3:15 p.m. | Fee A
Room 118 | 315-118
Joy, Jocelyn, Dani and Melissa



Connections PRESCHOOL

Preschool Discovery for Three-Year-Olds

Looking for a first preschool experience for your little one? This classroom is for children who will be 3 years old by November 1, 2024. It combines an ECFE class with preschool and meets twice per week. An early childhood teacher guides children with preschool experiences that meet their developmental needs and encourage their natural curiosity. Once a week, parents participate in classroom activities and a parent discussion with a licensed parent educator, focused on the joys and challenges of raising a preschooler.

This is a monthly tuition-based class, and tuition assistance on a sliding fee scale is available.

For more information, visit ce.district196.org/preschool. Watch for registration information in the mail.

Ages Birth-5

Conscious Discipline

Separating

Children's brains are changing every day and it can be hard to keep up with all the new behaviors that can push our buttons. You will learn how brain state affects how we as parents approach our children's behavior. Conflict can be an opportunity to teach and learn. This class will explore the two parts of discipline: the health of the relationship and the skill set involved. You'll walk away with new insights about your child and yourself as well as strategies to try immediately.

Mon | Apr 8-Jun 3 | 9:30-11:45 a.m. | Fee A
Room 204 | skip May 27 | 463-204
Laura, Katie KS, Cindy S. and Julie M.

Social and Emotional Well-Being: Our Children, Ourselves

Separating

Adult well-being is key to exploring how the threads of connection build early emotional and social skills. Join a community of learners as we increase our capacity to teach our children the life-long skills to build interdependence. Some topics will include development, temperament, introvert/extrovert, emotions, gaining independence, empathy and self-awareness. Children will practice separating from you as they build trust with our staff. Our early childhood environment provides ample opportunity for social play guided by our experienced staff.

Tue | Apr 9-Jun 4 | 9:30-11:45 a.m. | Fee A
Room 204 | 641-204
Joy, Katie KS, Cindy and Julie M.

Surviving and THRIVING With Twins and Triplets

Separating

When you are parenting multiples, life is a grand adventure with joys and challenges that can make you feel like you are just surviving day to day. This ECFE experience is designed with your family in mind. You'll thrive when you have time with other parents to discuss topics related to bringing up multiples with confidence. Your children will explore, discover and meet friends in an environment with experienced teachers to help.

Wed | Apr 3-Jun 5 | 9:30-11:45 a.m. | Fee A
Room 204 | 624-204
Laura, Katie KS, Cindy S. and Julie M.

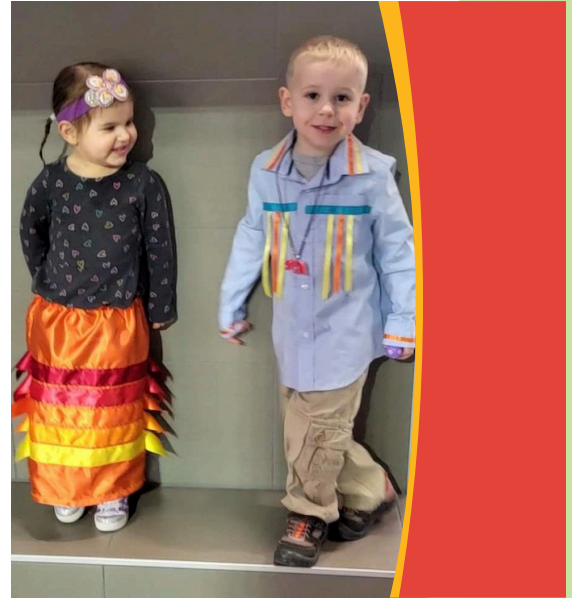
Wide Open Spaces

Ages 2-5 Years

Separating, Siblings Welcome

In this outdoor class, parents and children will interact with the natural environment and experience all the benefits of the great outdoors. A growing body of research links our mental, physical and spiritual health directly to our association with nature. Our backyard has woods to play in, a rock river, grass and hills to run and roll, an outdoor easel and xylophones and a spacious playground. We will go on at least two local field trips to discover our community's natural spaces. Common parenting topics of the group's choosing will also be explored in the parent group. **Please register ALL children, including siblings, who will be attending class**

Wed | Apr 3-Jun 5 | 1:15-3:30 p.m. | Fee A
Room 215 | 318-215
Susan S., Heather V., Gail and Laurie



The Four Hills of Life

Separating

This school year, ECFE is once again collaborating with the American Indian Education (AIE) Program to provide a series of FREE learning opportunities for families who are eligible to participate. We have planned a variety of learning activities based on the Dakota and Ojibwe values to provide positive reinforcement for cultural learning while working towards your child's school readiness. **If you are interested in joining this series of events or have questions about eligibility, please contact the AIE Program Specialist, Lisa Turgeon, at Lisa.Turgeon@district196.org or call 651-423-7890.**

Tue | Apr 9; May 7 | 5:30-7:30 p.m. | FREE
Laura, Katie KS, Julie M. and Staff from
District 196 American Indian Education Program

A Little Bit of Everything

Separating

Parents will choose the discussion topics for this class. Everything you want to know and were afraid to ask, including common and unique questions about being a parent. Some topics may include language and communication, parenting as a team, siblings, social skills and conflict and life balance. The class will be built by participants, designed around the group's interest and children's needs. The early childhood room is designed for children to play, explore and try out new skills.

Thu | Apr 4-May 30 | 9:15-11:30 a.m. | Fee A
Room 215 | 704-215
Cindy Y., Heather V., Gail and Laurie



Ages Birth-5

Good Inside

Separating

This class is for anyone who has ever struggled with the challenge of parenting. Based on the book, *Good Inside* by Dr. Becky Kennedy, this class serves as a practical guide to raising resilient, emotionally healthy kids. It is also a supportive resource for overwhelmed parents who need more compassion and less stress. You will learn practical strategies for parenting in a way that feels good.

Fri | Apr 5-May 31 | 9:15-11:30 a.m. | Fee A
Room 215 | skip April 26 | 464-215
Heather W., Heather V., Akiko and Gail

Thu | Apr 4-May 30 | 1:15-3:30 p.m. | Fee A
Room 118 | 464-118
Heather W., Caren, Janet and Dani

Grandparenting Today

Separating

Join other grandparents to engage in conversations on topics related to the unique joys and challenges of grand-parenting. Grown-ups will have time for discovering new activities to engage their little ones, as well as time to share stories, strategies and suggestions with other grand-carers. Young children will experience the joy of being, learning and growing together in a group, with the security that comes from attending with their beloved caregiver.

Fri | Apr 5-May 31 | 9:30-11:45 a.m. | Fee A
skip Apr 26 | 617-300
Michelle, Toni, Rehana and Wafaa
Cedar Valley Learning Center

Peace and Presence

Separating

We all want to give the best of ourselves to our children, but that can be difficult in our fast-paced world. In this class, you will discover strategies to stay focused on what really matters by being connected, grounded and present. Learn to parent consciously by managing your own emotions and teaching self-regulation to your child. Discover how a stronger connection with your child will help smooth everyday challenges, like getting out the door and bedtime issues, while helping your child build confidence and resilience.

Fri | Apr 5-May 31 | 9:30-11:45 a.m. | Fee A
Room 204 | skip Apr 26 | 642-204
Laura, Katie KS, Cindy S. and Julie M.

Parenting Children With Special Needs

Separating

All parents and children who are served by School District 196 Early Childhood Special Education programs are invited to a class planned just for you. Meet and connect with other parents of children with unique needs and who share similar experiences of parenthood. Children are free to play in a relaxed environment while you enjoy learning and discussing in a group setting led by a licensed parent educator and trained special education staff. This class is offered at no cost to families. Programming is funded through a collaboration between ECSE and ECFE.

Registration for this class will be processed through ECSE.

Thu | Apr 4-May 30 | 5:45-7:45 p.m. | FREE
Room 204 | 820-204

Laura, Katie KS, Julie M., Katie L. and teaching staff from District 196 ECSE



'ECFE is so beneficial in creating community with other parents.'

– ECFE parent

Ages Birth-7

Social and Emotional Well-Being: Our Children, Ourselves

Ages Birth-7 Years
Separating

Adult well-being is key to exploring how the threads of connection build early emotional and social skills. Join a community of learners as we increase our capacity to teach our children the life-long skills to build interdependence. Some topics will include development, temperament, introvert/extrovert, emotions, gaining independence, empathy and self-awareness. Children will practice separating from you as they build trust with our staff. Our early childhood environment provides ample opportunity for social play guided by our experienced staff.

Mon | Apr 8-Jun 3 | 5:30-7:30 p.m. | Fee A
Room 215 | skip May 27 | 641-215
Shelly, Heather V. and Akiko

Managing Life Transitions With Young Children **NEW**

Ages Birth-7 Years
Separating

This course will address some of the transitions that children and families face. Maybe you are moving, experiencing a change in your family structure, having a new baby or even navigating an illness. Parents are often left wondering how to help a child when life is changing and the family is impacted. In this class we will investigate ways to address changes with vulnerability and sensitivity.

Tue | Apr 9-Jun 4 | 5:45-7:45 p.m. | Fee A
Room 215 | 516-215
Susan S., Suzan K., Kathy and Stacy

Positive Solutions **NEW**

Ages Birth-7 Years
Separating

Looking for ideas to increase enjoyment and reduce stress when interacting with your child? Positive Solutions provides evidence-based strategies to boost your child's ability to choose desirable behaviors and adopt more positive ways of interacting with peers and adults. Parents/caregivers will come away with a better understanding of what is behind behavior we often find challenging and discover positive approaches to help your child grow and learn. In addition to time for adult discussion, you will have time to play and learn with your child in a classroom designed for children and adults to practice positive and effective behaviors, all while strengthening relationships.

Wed | Apr 3-Jun 5 | 5:45-7:45 p.m. | Fee A
Room 215 | 465-215
Michelle, Mandy H., Akiko and Gail

Conscious Discipline

Ages Birth-7 Years
Separating

Children's brains are changing every day and it can be hard to keep up with all the new behaviors that can push our buttons. You will learn how brain state affects how we as parents approach our children's behavior. Conflict can be an opportunity to teach and learn. This class will explore the two parts of discipline: the health of the relationship and the skill set involved. You will walk away with new insights about your child and yourself as well as strategies to try immediately.

Thu | Apr 4-May 30 | 5:45-7:45 p.m. | Fee A
Room 215 | 463-215
Heather W., Mandy H., Cindy S. and Janet

Dad and Me: What a Difference a Dad Makes

Ages Birth-7 Years
Separating

Fathers of all types have an important relationship with their children that is instrumental in their development. Join together in a community of men to learn, share and play while building a support system rooted in fatherhood. This group will focus on quality time with our kids, including gym time. Relaxed discussions about parenting and what it means to be a dad are included. Bring your experiences as a father, or father figure, to share with the group and take home new tips and ideas from both other dads and our parenting educator. Your children will make new friends and learn skills with the guidance of our early childhood teachers.

Thu | Apr 4-May 30 | 5:45-7:45 p.m. | Fee A
Room 118 | 910-118
Joy, Jocelyn, Dani and Melissa



Classes at a Glance

Dakota Valley Learning Center
4679 144th St. W., Apple Valley

CLASSES FOR BABIES

Monday	Tuesday	Wednesday	Thursday	Friday
	#103-216A & 216B Babies: Birth-11 Months 3:30-5:00 5:30-7:00			#103-216C Babies: Birth-11 Months 8:45-10:15 <hr/> Feeding Your Baby 10:30-12:00

CLASSES FOR TODDLERS AND TWOS

Monday	Tuesday	Wednesday	Thursday	Friday
#220-216A & 216B Parents and Ones (non-separating) 8:45-10:15 10:45-12:15 <hr/> #255-215A & 215B Parents and Twos 8:45-10:15 10:45-12:15 <hr/> #255-216 Parents and Twos 5:30-7:00	#256-216A & 216B Parents and Twos (gradually separating) 8:45-10:15 10:45-12:15	#230-216A & 216B Parenting Ones and Twos (non-separating) 8:45-10:15 10:45-12:15 <hr/> #255-215C & 215D Parents and Twos 8:45-10:15 10:45-12:15 <hr/> #220-216C & 216D Parents and Ones (non-separating) 3:30-5:00 5:30-7:00	#221-216A & 216B Parents and Ones (gradually separating) 8:45-10:15 10:45-12:15	

CLASSES FOR AGES 2-5

Monday	Tuesday	Wednesday	Thursday	Friday
	#275-215 Parents and Threes 9:15-11:30		#265-204A & #204B Parenting Your Two- or Three- Year Old 8:45-10:15 10:45-12:15	#265-118A & #118B Parenting Your Two- or Three- Year Old 8:45-10:15 10:45-12:15

CLASSES FOR AGES BIRTH-5

Monday	Tuesday	Wednesday	Thursday	Friday
#463-204 Conscious Discipline 9:30-11:45	#641-204 Social and Emotional Well-Being 9:30-11:45 <hr/> #315-118 Parents and Preschoolers 1:00-3:15	#624-204 Twins and Triplets 9:30-11:45 <hr/> #318-215 Wide Open Spaces 1:15-3:30	#704-215 A Little Bit of Everything 9:15-11:30 <hr/> #464-118 Good Inside 1:15-3:30 <hr/> #820-204 Parenting Children with Special Needs 5:45-7:45	Family Playtime 9:00-11:00 <hr/> #642-204 Peace and Presence 9:30-11:45 <hr/> #464-215 Good Inside 9:15-11:30 <hr/> #617-300 * Grandparenting Today 9:30-11:45

EXTENDED AGE GROUPS

Monday	Tuesday	Wednesday	Thursday	Friday
#641-215 Social and Emotional Well-Being 5:30-7:30	#500-215 Managing Life Transitions with Young Children 5:45-7:45	#460-215 Positive Solutions 5:45-7:45	#910-118 Dad and Me 5:45-7:45 <hr/> #463-215 Conscious Discipline 5:45-7:45	

* This class is at Cedar Valley Learning Center, 14420 Glenda Drive, Apple Valley

Register now!

Classes fill quickly. Your best chance of being placed in your first class choice is to register for the lottery by March 5.

How to Register for Weekly Classes

Online at ce.district196.org/ecfe

Click on ECFE Registration. If you have an existing Eleyo account, click on Log In. If you are new to Eleyo, click on Sign Up. After you log in or your new account is created, add an ECFE class to your cart and click on Checkout to complete your registration.

If you need a paper registration form, please contact us at 952-388-1953.

Important Registration Information

ECFE classes are open to all families, including adults and children with disabilities. Our sites are accessible and sign language interpreters are available for our classes. If you need assistance to register, please call 952-388-1953.

- Please register for one ECFE class per family for the lottery. Our classes are popular and we try to accommodate as many families as possible.
- After the lottery, beginning March 9, you are welcome to register for additional classes.
- Class confirmations are emailed, if an email address is provided.
- When registering online for ECFE classes, in-district residents will automatically receive an email from Community Education confirming registration in the lottery.
- If you do not receive an email, or do not have the chance to enter payment information, please call 952-388-1953 right away.
- Any change to an existing registration needs to be done by our office staff. Feel free to call to check on your registration. When registering for an ECFE class, remember to check your inbox and spam folders for an email from Community Education.

Photograph and Video Permissions

Enrollment in District 196 Community Education classes or activities constitutes permission for District 196 to take and use photographs, video, and other likenesses of you and your enrolled minor child in District 196's promotional materials and publications. If you do not want any image and likeness of you or your minor child to be used in this manner, notify your parenting educator or early childhood teacher. You will be given an opt-out form.

Spring Registration Timeline

- Registration deadline for the lottery is March 5, 2024.
- Lottery (computer generated) will be March 7, 2024.
- Following the lottery, registration is on a first-come, first-served basis. Class availability can be checked online.

Families living outside School District 196 may register beginning March 22.

Site Locations

CVLC | Cedar Valley Learning Center | DVLC | Dakota Valley Learning Center
14420 Glenda Dr., Apple Valley | 4679 144th St. W., Apple Valley

Payment Information

- If registering online, credit card payment (Visa®, MasterCard® or Discover®) is required at the time of registration. Your credit card will be charged when you are placed in a class.
- Babies nine weeks or younger are not counted as a second child when determining class fee.
- Cancellations prior to the start of class will receive a full refund. Cancellations during the first two weeks of class will receive a refund minus a \$25 processing fee. All registrations are considered final after the second class meeting and are not eligible for a refund.
- All School District 196 families are encouraged to attend, regardless of their ability to pay. Consider the sliding fee scale as a guide to determine what your family can afford.
- Please call 952-388-1953 if you have questions regarding registration or payment.

Sliding Fee Scale	Fee A		Fee B	
Family Income	1 child	2 or more	1 child	2 or more
\$0 - \$19,999	\$0	\$0	\$0	\$0
\$20,000 - 39,999	\$50	\$66	\$36	\$48
\$40,000 - 59,999	\$71	\$91	\$51	\$66
\$60,000 - 79,999	\$91	\$111	\$66	\$81
\$80,000 - 99,999	\$122	\$142	\$89	\$103
\$100,000 - 119,999	\$153	\$178	\$111	\$129
\$120,000 and up	\$183	\$208	\$133	\$152

Class fees are based on your family annual income and determined by a sliding fee scale. **District 196 residents are encouraged to attend regardless of their ability to pay.**



Bulletin Board

ECFE for One **FREE**

ECFE provides an opportunity for you to meet one-on-one with a parent coach to discuss your goals, challenges and strengths. We will work with you to understand your child, connect with resources and learn some activities to support your child's growth and development. Coaching is available in your home, by phone or at the Dakota Valley Learning Center. **For more information or to schedule coaching, call 952-388-1953 or email michelle.doran@district196.org.**

Weather/Emergency Closing Announcements for ECFE and Family School

Information will be posted on our website (ce.district196.org/ecfe), our Facebook page (District 196 ECFE) and local television stations (listed as Rosemount-Apple Valley-Eagan Public Schools). If school is canceled or there is a two-hour delayed start, all morning and afternoon ECFE classes will shift to E-Learning. You will receive an email message from your teachers with information relevant to your class topic. A decision about ECFE evening classes will be made by mid-afternoon.

Is Your Child Immunized?

Minnesota law requires children enrolled in early education programs to be immunized against certain diseases or file a legal medical or conscientious exemption. An early childhood immunization form must be on file before a child attends any early childhood program and updated once per school year. Updates to immunization records are accepted any time. You are welcome to bring your updated record to the first day of class, or fax it to 952-388-1948.

Early Childhood Screening

The screening staff looks forward to welcoming you at the **NEW location: District Service Center, 14301 Diamond Path W., Apple Valley, MN 55124**. If your child is three and a half years old and you currently receive school district mailings, you will automatically be sent a letter inviting you and your child to an early childhood screening.

Call Early Childhood Screening if

- you are new to the district,
- your child is almost 4 years old and has NOT been screened,
- you have concerns about a preschool child,
- you need more information about the screening process, or

You can contact the Early Childhood Screening office at 651-423-7899 or ecscreening@district196.org.



ECFS Advisory Council

Katie Rudolph, Chair & Melissa Dunlay, Co-Chair

The ECFS (Early Childhood Family Services) Parent Advisory Council supports Early Childhood programming within District 196. This programming includes Early Childhood Family Education, Connections Preschool and Family School. The Parent Advisory Council is a highly valued resource for District 196 ECFS and assists in the development, planning and monitoring of Early Childhood Family Education programs within the District. Parents involved in any District 196 Early Childhood programs are welcome to join.

Meetings are held at the Dakota Valley Learning Center from 6:15-8:15 p.m. on the third Tuesday of every month during the school year. **New members are always welcome.** This is a wonderful opportunity to enhance the programs and make connections with other parents. **For more information, please <https://ce.district196.org/community/ecfs-advisory-council> and a staff member will be in touch with you.** We look forward to meeting you!



More Enrichment

Learning and fun for your little ones!

Enrich your child's early learning experiences. Activities and athletic programs provide young children with additional opportunities to learn and grow. Fee assistance is available, visit ce.district196.org/feeassistance. For a map with location abbreviations, names, addresses and directions visit ce.district196.org and choose MENU and CONTACT | MAP. Call 651-423-7920 or email communityed@district196.org for more information.



Learn to Swim

It's never too early to encourage a love of water. We offer age-appropriate safety instruction by

certified Red Cross instructors: **Parent Tot (ages 6 to 36 mos)** and **Preschool 1 with Parent** and **Preschool 1, 2 or 3 (ages 3 to 5)** at our middle school pools. Weekly evening and weekend daytime and evening classes will be held April 1 through June 1 and June 17 through August 8. **Registration for both seasons begins Tuesday, February 13 at 6:00 a.m.** Visit ce.district196.org/swim, email aquatics@district196.org or call 952-431-8777 for more information and to register. Register early as space is limited.



Starry Night Gala (adult and children ages 3-11)

Bring your favorite adult and dress in your Hollywood best. Feel like a movie star as you stroll down the red carpet to dance the night away with your favorite stars from popular movies.

Sat | Apr 27 | 6:00-8:00 p.m. | \$39 adult/child pair, \$19 add'l child

Proceeds benefit youth scholarships.

FRMS | Falcon Ridge Middle School,
12900 Johnny Cake Ridge Rd, Apple Valley

Course Name	Days	Dates	Times	Sessions	Cost	Location	Instructor
April Fool's Day Fun (ages 4-9)	Thu	Mar 28	1:00-4:00 p.m.	1	\$49	FRMS	Kidcreate
Claylicious (ages 4-9)	Mon & Tue	Mar 25 & 26	1:00-4:00 p.m.	2	\$99	FRMS	Kidcreate
Dogs vs. Cats (ages 3-6)	Sat	May 4	9:00 a.m.-noon	1	\$49	FRMS	Kidcreate
Fairy Garden (ages 4-9)	Sat	May 4	9:00 a.m.-noon	1	\$49	FRMS	Kidcreate
Lions and Tigers and Bears - Oh My! (ages 3-6)	Mon & Tue	Mar 25 & 26	9:00 a.m.-noon	2	\$99	FRMS	Kidcreate
Little Mess Maker's Art (ages 3-6)	Wed & Thu	Mar 27 & 28	9:00 a.m.-noon	2	\$99	FRMS	Kidcreate
Mother's Day Gift Making (ages 4-9)	Sat	May 11	9:00 a.m.-noon	1	\$49	FRMS	Kidcreate
Rainbow Candy Scene (ages 4-9)	Wed	Apr 3	1:00-4:00 p.m.	1	\$49	FRMS	Kidcreate
Simply Silly Stuff (ages 4-9)	Wed & Thu	Mar 27 & 28	1:00-4:00 p.m.	2	\$99	FRMS	Kidcreate
Spring PEEP® Party (adult and child 18 mos-6 yrs)	Sat	Apr 6	9:30-10:30 a.m.	1	\$25	FRMS	Kidcreate
Super Mario Art (ages 4-9)	Sat	Mar 9	9:00 a.m.-noon	1	\$49	FRMS	Kidcreate
Twinkle, Twinkle Little Star (adult and child 18 mos-6 yrs)	Sat	May 18	9:30-10:30 a.m.	1	\$25	FRMS	Kidcreate
Starry Night Gala (adult and children ages 3-11)	Sat	Apr 27	6:00-8:00 p.m.	1	\$39/pair	FRMS	



Scan the QR code for more classes and to register!



ce.district196.org • 651-423-7920 • 13

More Enrichment

Scan the QR code for more classes and to register



Hoopster Tots (ages 3-4)

Hoop it up! Focus on passing, shooting and dribbling. Through fun, skill-based activities and games, learn the fundamentals of the sport. *SuperTots Sports Academy instructors*



Soccer Tots (ages 3-4)

Playable on almost any surface, soccer-themed motor skill classes make it easy to find success. Younger age groups focus on developing motor skills and self-confidence; older age groups focus on developing core soccer skills and personal improvement, while introducing an element of light competition. *SuperTots Sports Academy instructors*

*new NHL Street Hockey Tykes (ages 3-5)

Develop skills through drills covering stick-handling, shooting, passing and defense in a fun, non-contact, safe environment. Participate in a mixture of games and scrimmages. Receive an NHL street shirt to keep. Sticks and pucks are provided. *DASH Sports instructor*

Ultimate Fun Obstacle Course (ages 3-5)

Get ready for an ultimate fun-filled obstacle course challenge! Have a blast with parachutes, tunnels, hurdles, balloons, ladders, ropes, speed rings, cones and more! Take part in a variety of fitness challenges, sports activities and more! Learn balance, flexibility, agility, coordination, speed and sportsmanship. Creativity will be encouraged in a safe and fun environment with upbeat music! *Fitness Boomers instructor*

Request an Interpreter/Solicite un interprète/Badhanka "codso turjumaan"
bit.ly/translateeq

Do you need fee assistance?

Visit ce.district196.org/feeassistance, email communityed@district196.org or call 651-423-7920.

Course Name	Days	Dates	Times	Sessions	Cost	Location	Instructor
Hoopster Tots (ages 3-4)	Tue	Mar 19-Apr 16	5:15-5:45 p.m.	4	\$72	DR	SuperTots
1st Down Tots							
(ages 2-3)	Sat	Mar 23-Apr 20	12:25-12:55 p.m.	4	\$72	DR	SuperTots
(ages 2-4)	Wed	Apr 24-May 15	4:30-5:00 p.m.	4	\$72	DR	SuperTots
(ages 3-4)	Sat	Mar 23-Apr 20	1:05-1:35 p.m.	4	\$72	DR	SuperTots
Baseball Tots							
(ages 2-3)	Sat	Apr 27-May 18	9:00-9:30 a.m.	4	\$72	HL	SuperTots
(ages 3-4)	Sat	Apr 27-May 18	9:40-10:10 a.m.	4	\$72	HL	SuperTots
NHL Street Hockey Tykes (ages 3-5)	Sun	Apr 14-May 5	1:00-1:30 p.m.	4	\$95	DW	DASH Sports
Phys Ed Game Tykes (ages 3-5)	Sun	Feb 25-Mar 17	1:00-1:30 p.m.	4	\$65	DW	DASH Sport
Soccer Tots (ages 3-4)	Tue	Apr 23-May 14	4:30-5:00 p.m.	4	\$72	DR	Super Tots
Ultimate Fun Obstacle Course (ages 3-5)	Thu	Mar 21	6:00-7:00 p.m.	1	\$20	DW	Fitness Boomers
	Thu	Apr 11	6:00-7:00 p.m.	1	\$20	DW	Fitness Boomers
	Thu	May 9	6:00-7:00 p.m.	1	\$20	DW	Fitness Boomers
Preschool Gymnastics (ages 3-5)	Sat	Apr 13-May 18	12:15-1:00 p.m.	5	\$64	RHS	Jason Passeri
Beginner Little Ninjas (ages 3-5)	Mon	Apr 8-Jun 3	5:45-6:15 p.m.	6	\$60	RMS	Northwest Martial Arts
	Tue	Apr 9-Jun 4	5:45-6:15 p.m.	5	\$50	RMS	Northwest Martial Arts
	Thu	Apr 11-May 30	5:45-6:15 p.m.	4	\$40	RMS	Northwest Martial Arts
	Sat	Apr 13-Jun 1	noon-12:30 p.m.	7	\$70	RMS	Northwest Martial Arts
Music Together Demonstration (adult and child birth-5 yrs)	Wed	Mar 20	10:00-10:45 a.m.	1	Free	AVCC	Music Together
	Wed	Mar 20	11:00-11:45 a.m.	1		AVCC	Music Together
	Thu	Mar 28	6:15-7:00 p.m.	1		AVCC	Music Together
Music Together (adult and child birth-5 yrs)				10	\$195/\$109		
	Wed	Mar 27-Jun 5	9:00-9:45 a.m.		add'tl child	AVCC	Music Together
	Wed	Mar 27-Jun 5	10:00-10:45 a.m.			AVCC	Music Together
	Wed	Mar 27-Jun 5	11:00-11:45 a.m.			AVCC	Music Together
	Thu	Apr 4-Jun 6	5:15-6:00 p.m.			AVCC	Music Together
	Thu	Apr 4-Jun 6	6:15-7:00 p.m.			AVCC	Music Together



Spectacular Spring Activities



Spring is a wonderful time of the year to go outside with your child and notice the changes in the natural environment. What animals are returning from being gone during the winter? What new growth do you observe?

Encouraging children to notice (observe) and wonder (ask questions) about the world around them is a foundation to lifelong learning. Even when you might know the answer to your child's questions, try to resist giving the answer. Instead, to support deeper learning, respond with, 'I wonder that too! Do you have any ideas for why that might be? How might we find the answer together?'

What if their ideas are wrong? It is okay! Children will continue to adjust their thinking as they gather new information. Continue to make observations about the subject they are interested in and check out books about it at your local library to continue the learning experience together.

Me and My Shadow

While outside, bring your child's attention to their shadow by noticing it. Ask your child what they see their shadow doing when they move? Can you make your shadow jump, twirl or hide in the shadow of a tree or building? Take turns trying to copy what the shadow of the other person is doing.

Shadow Tracing Outdoors

Take turns tracing each other's shadows with chalk. Then add details such as clothes, eyes, hair, etc. Check back in at different times of the day. Does your shadow still fit in the outline? If not, wonder together with your child why not. What is different about now and when you traced your shadow outlines?

Extension: Bring out some toy figurines such as animals and trace their shadows with chalk. You can also bring out paper and trace the shadow on the paper.

Bonus Fun: On the spring equinox (Tuesday, March 19th), put a stick in the ground and mark where the tip of the shadow is throughout the day. It is the only day of the year that your shadow will form a straight line as it travels from west to east.

Shadow Play Indoors

Use a flashlight to create shadows indoors. You can use your hands to create shadow puppets, toy objects, or create paper shadow puppets by cutting out outlines of different animals or people on thin cardboard and attaching a popsicle stick to hold them upright.

Welcome Back Bugs!

Many insects and other bugs lay their eggs in the fall and die. A few such as monarch butterflies and the common green darner dragonfly migrate thousands of miles to warmer climates in the south.

Make a Bug List

You can create a list of insects and bugs with your child. During your walks outside, keep an eye out for their return. When will you see the first grasshopper, butterfly or pesky mosquito?

Check out books at your local library to learn more about these critters.

Build a Bug

Use a jar to catch bugs for closer observation. What do you notice about its body? Insects are bugs that have 3 main body parts-head, thorax and abdomen, 6 legs and 2 antennae. How many different insects can you find?

After observing bugs outside, head inside and create your own bug. You can draw it or build one using blocks or playdough. How many legs is your bug going to have? Is it going to have zero, two or four wings?

Dirt Playdough

Ingredients:

- 2 cups flour
- 1 cup salt
- 1/2 cup dark coffee grounds
- 1 1/2 Tablespoons cream of tartar
- 2 cups water
- 1 Tablespoon oil

Directions

Step 1: In a pan, add the flour, salt, coffee grounds, cream of tartar, water and oil.

Step 2: Heat the pan on the stove over medium heat, stirring continuously until a stiff ball of dough forms (2-3 minutes).

Step 3: Remove the warm dough from the saucepan and place it on your working space. Knead for several minutes.

Step 4: It is ready to play! Store in an airtight container when not in use.





DISTRICT 196

COMMUNITY EDUCATION

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One-Time Events

Family Playtimes

Non-Separating

Pop in to play with your little ones and our ECFE staff. Dress up for dramatic play. Explore the wonders of math, science and senses while you squish, squeeze and create with playdough. Dump, pour, mash and mix in the sensory table. Become a little artist at the easel. Run, jump, climb and learn through movement in our gym. Expand language skills at story and circle time.

See our website **weekly**, ce.district196.org/ecfe, to register.

Ages Birth-Kindergarten

Fri | Apr 5-May 31 | 9:00-11:00 a.m. | \$5 per child
Room 116 | skip Apr 26 | Caren and Katie L.

See website **weekly** for dates and registration.



Feeding Your Baby: Find the Support You Need

Welcome to this free, informal drop-in baby feeding group. Join our licensed parent educator and certified lactation staff from Dakota County Public Health, along with other parents just like you who are looking for support with feeding your baby. All feeding decisions are supported. Share experiences with parents who are also adjusting to life with a baby. Bring your questions or just come to listen. Enjoy parent-child interactive play, including circle time. If you need lactation/feeding support or want to have your baby weighed, stop by, we would love to share some resources with you. No pre-registration is needed.

Fri | Apr 5-May 31 | 10:30 a.m.-12:00 p.m. | FREE
Room 216 | skip Apr 26 | Cindy Y., Mandi D.
and Lactation Staff from Dakota County Public Health