



EDEN PRAIRIE SCHOOLS
Community Education

Eden Prairie Schools

EARLY CHILDHOOD FAMILY EDUCATION

FALL 2021



www.edenpr.org/epcommunityed



Welcome to Early Childhood Family Education where we inspire each child in their love of learning. We are looking forward to the 2021-2022 school year as we move to our new location at Lower Campus. As your child's first and most important teacher, Early Childhood Family Education (ECFE) classes are here to help you be the best parent you can be. These classes are designed to serve you and your child age birth to five. ECFE is unique to Minnesota and is a program of Eden Prairie Schools Community Education.

By choosing ECFE in Eden Prairie you can count on us to uphold the following core values while your child participates in ANY of our programs:

We believe each person has intrinsic value.

We believe each person has individual gifts, interests and talents.

We believe community benefits when each person contributes.

We believe relationships flourish on a foundation of mutual respect.

We believe continuous learning is essential for personal fulfillment, opportunity and success.

This catalog outlines the many opportunities to best fit your family for the upcoming school year. Our highly qualified staff are excited to get to know you and help you build upon your unique gifts that contribute to our school community.

It is never too early to start stimulating your baby's mind in ways that promote healthy development and build on your relationship with your child. Our staff will show you ways to nurture your child's development physically, emotionally, and mentally. We have an inspiring curriculum that offers opportunities for you to learn with your child. There is also time for parent-only discussions where you will find answers to questions and meet other parents.

EARLY CHILDHOOD FAMILY EDUCATION SCHEDULE FALL 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00-10:30 AM	9:00-10:30 AM	9:00-10:30 AM			9:00-10:00 AM
Siblings Come Together*	Small Wonders	Small Wonders			Play & Learn
Movers and Shakers*	Tiny Explorers	Movers and Shakers			
			9:30-11:00 AM		9:30-11:00 AM
			Tiny Explorers		Daddy and Me
			Movers and Shakers		
				10:30-11:30 AM	
10:45 AM -12:15 PM	10:45 AM -12:15 PM	10:45 AM -12:15 PM		Fantastic Fridays*	
Tiny Explorers*	Movers and Shakers	Tiny Explorers			
	Little Learners			11:15 AM-12:45 PM	
			11:30 AM - 12:00 PM	Managing Multiples*	
			Song and Story Time**		
	4:45-5:45 PM				
	Small Wonders				
	Tiny Explorers				
	Movers and Shakers				
	6:00-7:00 PM				
	Movers and Shakers		7:30-8:30 PM		
	Little Learners		Emotion Coaching for Parents**		
			Mindful Parenting**		
		8:00-9:00 PM	8:00-9:00 PM		
		Growing a Growth Mindset**	It's Never Too Early to Talk About Race**		

KEY Age by Sept. 1, 2021

- Less than 1 year
- 1 Year
- 2 Year
- 3-4 Year
- Birth-5 Year
- Parents Only

In person ECFE classes are held at the Lower Campus at 8100 School Road, Eden Prairie, MN 55344. Online class information will be shared as needed.

Fall Classes run September 9–November 19.

* Indicates a seasonal session

** Indicates an online class

WHAT CAN I EXPECT AT A TYPICAL ECFE CLASS?

Parent-Child Activity: Time for you and your child to learn and play together, with songs, stories, and developmentally appropriate activities you can do at home.

Parent Discussion: Spend time with other parents discussing the joys and challenges of parenting while learning effective, research-based parenting strategies. A licensed parent educator will guide the discussion and share information about child development.

Children's Learning Time: In classes where children and parents separate for the parent discussion, children will stay with licensed early childhood teachers. Children will learn social-emotional skills while playing and learning with other children.

WANT TO TRY AN ECFE BABY CLASS FOR FREE?

Welcome babies! Give your baby a strong start. These classes are for newborn through 12 month babies and their significant caregivers: mom, dad, grandparents, etc. Meet new friends and enjoy bonding time with your baby!

- **Baby Breakfast Story Time**
- **Baby Dinner Story Time**
- **Infant Massage**
- **Parent and Baby Yoga**
- **Baby Sign Language**
- **Baby Play and Parent Learning**

These baby classes are offered free of charge, but pre-registration is requested. A variety of dates and times are offered throughout the year. Visit us online to learn more and register!

Do You Have a New Baby? Congratulations!

Eden Prairie Community Education has a variety of options for your family.

- Free welcome packet
- Free baby classes
- ECFE Baby classes
- Free in-home 'Helping Us Grow' visits

Email us at ComEd@edenpr.org or call 952-975-6940 to learn more!

ECFE OUTREACH CLASSES-FREE!

Early Childhood Family Education is a wonderful resource for Eden Prairie families. Finances or transportation should not be a barrier for families interested in learning more about how to best support your child's growth and development. In an effort to make ECFE classes available to all families, we host outreach classes that are taught in the community.

Classes are held throughout the school year. A detailed schedule is available at class. Pre-registration is requested. Additional outreach locations may be added throughout the year. Check our website to learn more! Register for free online at www.edenpr.org/epcommunity or call **952-975-6940**.

BRIAR HILL

#1224 Briar Hill (*Residents Only*)
Mondays 1:00-2:30 PM

#1224 Briar Hill-Literacy
Tuesdays/Thursdays 1:00-2:30 PM

Briar Hill Apartments
7025 Woodland Dr.
Eden Prairie, MN 55346

CASCADE

#1224 Cascade (*Residents Only*)
Wednesdays 1:00-2:30 PM

12100 Singletree Lane
Eden Prairie, MN 55344

FOUNTAIN PLACE

#1224 Fountain Place (*Residents Only*)
Thursdays 1:00-2:30 PM

Fountain Place Apartments
8564 Magnolia Trail
Eden Prairie, MN 55344

PRAIRIE MEADOWS

#1224 Prairie Meadows
Wednesdays 10:45 AM-12:15 PM

PRESERVE

#1224 Preserve
Tuesdays 9:30-11:00 AM

The Preserve
11221 Anderson Lakes Pkwy.
Eden Prairie, MN 55344

EP LIBRARY

#1224 EP Library
Mondays 11:00 AM-12:30 PM
Walk-ins are welcome. To be guaranteed a spot, please register in advance through the library at www.hclib.org/events. Questions? Contact Lee Burkhalter at (612) 543-6275.

ECFE FAQs

When do ECFE classes start and end?

School Year-long Classes begin on Sept. 9 and run through May 13. This aligns with the school district calendar for non-school days. Registrations are accepted year round based on availability and fees are pro-rated.

Seasonal Classes are scheduled in three sessions though the school year. They align with the school district calendar for non-school days. There are classes that start in September (fall), December (winter), and February (spring).

What is the difference between seasonal classes and school year-long classes? ECFE classes run in two separate schedules to give your family flexibility. The school year-long schedule allows the same group of families to stay together for the full school year. The seasonal session allows increased flexibility for your calendar. Both the seasonal and school year-long classes will cover similar topics and lessons.

Can I take more than one seasonal class? Yes, you can sign up for one or all three in a school year. Class content and topics will vary based on class attendees. Please note, some content may repeat.

What is the difference between a non-separating, gradual separating, and separating class? In a non-separating class, parents stay with their children for the entire class. In gradual separating, there is a transition from parent/child time to separate time over the course of the class. Our separating classes include some parent discussion time held in a separate room.

Where are classes held? All ECFE classes are held at Lower Campus, 8100 School Road, Eden Prairie, MN 55344.

What resources are available for children with special needs? Early Childhood and Family Education classes are inclusive of all children and families. Our program staff have strong collaborations with Early Childhood Special Education and work together as a team, including parents, to best meet the learning and developmental needs of all children in our classes.

How much do ECFE classes cost? The cost of classes are based on the sliding fee scale below. They are designed to be affordable for all families to attend.

What if I have other children who need care during class (i.e. Sibling Care)?

Care is available for siblings of children registered in ECFE classes. Babies through 5-year-olds grow by leaps and bounds in our child centered sibling care classrooms. Staff provide a flexible, fun learning environment which includes a theme-based curriculum explored through games, songs, art activities, and child-directed play.

Our experienced staff provide a safe, secure environment for your child that includes:

- Gentle, loving care
- Feeding and diapering per parent request

Registration is required; fees are listed on the sliding fee scale below.

ARE YOU IN THE SCHOOL CENSUS?

Being in the census database ensures you will receive ECFE, screening and kindergarten information when your child is eligible. Call 952-975-6940 or email ComEd@edenpr.org to make sure you're on the list!



Sliding Fee Scale for ECFE Classes

Yearly Household Income	Seasonal Class Fee	Year-Long Class Fee	Sib Care Seasonal Class Fee	Sib Care Year-Long Class Fee
\$100,000 and Above	\$159	\$477	\$79	\$237
\$75,000-\$99,999	\$137	\$411	\$68	\$204
\$50,000-\$74,999	\$115	\$345	\$57	\$171
\$25,000-\$49,999	\$92	\$276	\$46	\$138
Under \$25,000	\$48	\$144	\$24	\$72

ECFE classes are priced on a sliding fee scale based on your household income. Payment for seasonal classes are made in full at time of registration. For year-long classes, payment is charged on August 30, November 22, and February 21.

ECFE CLASSES

SMALL WONDERS

Less than 1 yr. (by Sept. 1, 2021)

Enjoy this relaxing, informative class for children who are less than one year old. This class is designed to be your time to slow down, enjoy your little one and develop a supportive network with other parents. Parents and children enjoy songs, puppets, musical instruments and other fun activities in our bright and baby-safe classroom. A knowledgeable parent educator will lead interactive discussions on feeding, sleeping, safety, brain development, balancing your life as a new parent and more. *Non-Separating. Cost: See sliding fee scale on page 3.*

School Year-long (Sept.-May.)

#1202-01	Tuesdays	9:00-10:30 AM
#1202-02	Wednesdays	9:00-10:30 AM

Fall Session (Sept.-Nov.)*

#1202-05	Tuesdays	4:45-5:45 PM
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**Additional seasonal sessions start in September, December, and February. Sign up for one or all three!*

TINY EXPLORERS

Age 1 yr. (by Sept. 1, 2021)

Toddlers grow, change and try new things at a rapid pace. Join this class where eager students turn a whirl of activity into learning that inspires confidence. You will learn songs, games, stories and activities to extend your child's learning at home. There will be parent discussion time to explore what is behind your toddler's endless energy and enthusiasm. *Child-Led Separation.*

The curriculum covered will have some repetition from prior seasonal sessions and will focus on each child/family's needs. *Cost: See sliding fee scale on page 3.*

School Year-long (Sept.-May.)

#1203-01	Tuesdays	9:00-10:30 AM
#1203-02	Wednesdays	10:45 AM -12:15 PM
#1203-03	Thursdays	9:30-11:00 AM

Fall Session (Sept.-Nov.)*

#1203-04	Mondays	10:45 AM-12:15 PM
#1203-05	Tuesdays	4:45-5:45 PM

**Additional seasonal sessions start in September, December, and February. Sign up for one or all three!*



MOVERS AND SHAKERS

Age 2 yr. (by Sept. 1, 2021)

Two year olds use experimentation to help interpret their world. Join this class and watch your child explore every learning opportunity with curiosity and passion. Children will practice social skills such as taking turns, listening to the teacher and following in line while experiencing a fun and loving classroom environment. Parents will meet and discuss topics like healthy eating habits, toilet training and how to set limits with love. Enjoy parent/child time including songs, activities and games that will help your child thrive in every way. Relax and enjoy the parent support and discussion time while building a network of friends for your child and family. *Separating.*

**Please note that the fall session may not separate. Separation is not our first priority due to the variety of experience and age range of the children. The curriculum covered will have some repetition from prior seasonal sessions and will focus on each child/family's needs. Cost: See sliding fee scale on page 3.*

School Year-long (Sept.-May.)

#1204-01	Tuesdays	10:45 AM-12:15 PM
#1204-02	Wednesdays	9:00-10:30 AM
#1204-03	Thursdays	9:30-11:00 AM

Fall Session (Sept.-Nov.)*

#1204-04	Mondays	9:00-10:30 AM
#1204-05	Tuesdays	4:45-5:45 PM
#1204-06	Tuesdays	6:00-7:00 PM

**Additional seasonal sessions start in September, December, and February. Sign up for one or all three!*

LITTLE LEARNERS

Age 3 to 4 yr. (by Sept. 1, 2021)

Three and four year olds are excited to explore the world and meet new friends! The preschool years are full of discovery, but can also be a parenting challenge. Your child will build positive self esteem, confidence, and independence while they are in the classroom. Parents will learn more strategies for successful and effective parenting. *Separating. Cost: See sliding fee scale on page 3.*

School Year-long (Sept.-May.)

#1208-01	Tuesdays	10:45 AM-12:15 PM
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Fall Session (Sept.-Nov.)*

#1208-02	Tuesdays	6:00-7:00 PM
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DADDY AND ME

Birth-5 Years

This class provides time for interactions between dad and child or children. Boost your parent bond through planned activities, circle time, music, gym time and more. Relax and enjoy the parent discussion time while building a network of friends for your child and family. Register only one child for this class and the remaining children birth to 5 are free! *Cost: See Sliding Fee Scale on pg. 3.*

#1210-01 Saturday 9:30-11:30 AM

MANAGING MULTIPLES

Birth-5 Years

Are you the parents of twins, triplets, or more? Join this once a month multiples class for support from other parents of multiples, parent education, and play time for the children. Sign up for one or all the classes, \$15 per class.

#1420-01	Friday, Sept. 24	9:30-11:00 AM
#1420-02	Friday, Oct. 29	9:30-11:00 AM
#1420-03	Friday Nov. 19	9:30-11:00 AM
#1420-04	Friday, Dec. 10	9:30-11:00 AM
#1420-05	Friday, Jan. 21	9:30-11:00 AM
#1420-06	Friday, Feb. 11	9:30-11:00 AM
#1420-07	Friday, March 11	9:30-11:00 AM
#1420-08	Friday, April 15	9:30-11:00 AM
#1420-09	Friday, May 6	9:30-11:00 AM

FANTASTIC FRIDAYS – In Person, Multi-Age

Register for indoor exploring time in the Historic Gym with a children's teacher and parent educator in this non-separating class. Children birth to 5 are welcome and each week will bring new activities. Meet in the Historic Gym (8100 School Road, Door #5).

(Fridays, September-December)

#1410-01	Friday, Sept. 10	10:30-11:30 AM
#1410-02	Friday, Sept. 17	10:30-11:30 AM
#1410-03	Friday, Sept. 24	10:30-11:30 AM
#1410-04	Friday, Oct. 1	10:30-11:30 AM
#1410-05	Friday, Oct. 8	10:30-11:30 AM
#1410-06	Friday, Oct. 29	10:30-11:30 AM
#1410-07	Friday, Nov. 5	10:30-11:30 AM
#1410-08	Friday, Nov. 19	10:30-11:30 AM
#1410-09	Friday, Dec. 3	10:30-11:30 AM
#1410-10	Friday, Dec. 10	10:30-11:30 AM
#1410-11	Friday, Dec. 17	10:30-11:30 AM

PLAY & LEARN – In Person, Multi-Age

Explore, create, move, and discover fun and friends! Time in the motor room and outdoor play area will provide opportunity for socialization and purposeful play.

Register Weekly (Saturdays, September-December)

#1430-01	Saturday, Sept. 11	9:00-10:00 AM
#1430-02	Saturday, Sept. 25	9:00-10:00 AM
#1430-03	Saturday, Oct. 9	9:00-10:00 AM
#1430-04	Saturday, Oct. 30	9:00-10:00 AM
#1430-05	Saturday, Nov. 6	9:00-10:00 AM
#1430-06	Saturday, Dec. 4	9:00-10:00 AM
#1430-07	Saturday, Dec. 11	9:00-10:00 AM

STORY AND SONG TIME - Online LIVE

Birth-5 Years

Register weekly for this virtual story and song time each week with a licensed children's teacher. You never know what can happen when you go live with other family and friends! A link will be sent to registered participants each week.

#1550 Thursdays, Sept. 9-May 12 11:30 AM-12:00 PM

INTERESTED IN PRESCHOOL, BUT YOUR CHILD TURNS 3 AFTER SEPTEMBER 1, 2021?

PRESCHOOL SAMPLER

This class is designed for children to ease into the world of preschool. Children will 'practice' preschool during this drop-off class, available as a one or two day session. Students will strengthen their independence and will be ready to soar as a Little Eagle into preschool. Children must be 3 by the start of class, and actively potty training to enroll in Preschool Sampler.

This class is held at Lower Campus.

1-Day a Week, \$275

#1206-03	Session 1: Fridays, Oct. 1-Jan. 21	9:00-11:00 AM
#1206-04	Session 2: Fridays, March 4-May 27	9:00-11:00 AM

2-Day a Week Fall, 4 payments of \$179 (+\$35 registration fee)

#1206-01	Session 1: Tues/Thurs, Oct. 5-Jan. 27	9:00-11:30 AM
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2-Day a Week Spring, 4 payments of \$209 (+\$35 registration fee)

#1206-02	Session 2: Tues/Thurs, Feb. 3-June 9	9:00-11:30 AM
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PARENT ONLINE EDUCATION

Join a 5-week online class with other parents to learn and discuss topics of interest. \$25 per session. Choose from:

Emotion Coaching for Parents

This five week online class will focus on parent's role in supporting their child's emotional growth and intelligence. Using research from Gottman Institute, "Emotion Coaching: the Heart of Parenting", we will discuss and explore the five-step method that builds emotional intelligence and creates positive, long-lasting effects for children from toddlers to teens. Class links will be sent via email upon registration.

#1510 Thursdays, 7:30–8:30 PM
Session 1 – September 9–October 7, 2021
Session 2 – December 2–January 13, 2022
Session 3 – February 24–March 31, 2022

It's Never Too Early to Talk About Race

Join this online 5 week discussion to help increase your knowledge and comfort level talking about race with young children. Each week the discussion will be centered on a short assignment sent the week before each class. These are a combination of articles to read, podcast episodes, or a video. Class assignments should take no more than one hour each week. "Young children notice and think about race. Adults often worry that talking about race will encourage racial bias in children, but the opposite is true. Silence about race reinforces racism by letting children draw their own conclusions based on what they see. Families can play a powerful role in helping children of all ages develop positive attitudes about race and diversity and skills to promote a more just future—but only if we talk about it! (The Children's Community School, 2018)" Class links and syllabus will be sent via email upon registration.

#1530 Thursdays, 8:00–9:00 PM
Session 1 – October 14–November 18, 2021
Session 2 – January 20–Feb 17, 2022
Session 3 – April 14–May 12, 2022

Mindful Parenting

In this five week virtual class we will discuss ways to be a more mindful parent, learning how to respond rather than react in stressful parenting situations. Mindful parenting means that you bring your conscious attention to what's happening, instead of getting hijacked by your emotions. Managing our own emotions and behaviors is the key to teaching kids how to manage theirs. Parenting young children is difficult, let's support each other and learn skills to be more mindful of our responses to our children.

#1540 Thursdays, 7:30–8:30 PM
Session 1 – October 14–November 18, 2021
Session 2 – January 20–Feb 17, 2022
Session 3 – April 7–May 5, 2022

Growing a Growth Mindset

Growth Mindset is the belief that intelligence can be developed and that challenges are opportunities to grow. This class will help you begin your personal growth mindset journey as well as provide you with ways to create a home environment that will support your child's growth mindset too!

Join Kathy Matthews, Parent Educator, for this 5-week class with other parents with children birth to five. A link to the online class will be sent before class begins.

#1520 Wednesdays, 8:00–9:00 PM
Session 1 – October 20–November 17, 2021
Session 2 – January 19–Feb 16, 2022
Session 3 – April 6–May 4, 2022

WAYS TO REGISTER FOR ECFE PROGRAMS



ONLINE www.edenpr.org/ECFE



PHONE 952-975-6940
Haddi aad ubaahan tahay caawinaad af Somali so wac 952-975-7254.



IN PERSON Call 952-975-6940 to make an appointment for in-person registration

*Para obtener información en español, contáctese con Heriberto Vargas en hvargas@edenpr.org o 952-975-7068.
Haddii aad ubaahan tahay caawinaad af Somali so wac 952-975-7069.*

READY! for Kindergarten



Each session
provides different focus
areas and toys.
**SIGN UP FOR ALL
TO MAXIMIZE
LEARNING!**

THREE SESSIONS TO CHOOSE FROM!

Sign up for all three to maximize learning.

9:30 AM-12:00 PM

Fall Session - October 16, 2021

Winter Session - January 22, 2022

Spring Session - April 9, 2022

Yearly Household Income	READY!	Sibling Care
\$40,001 and Above	\$65	\$10
\$0-\$40,000	FREE (to Eden Prairie residents only)	FREE (to Eden Prairie residents only)

READY! for Kindergarten is part of our ECFE program for which classes are priced on a sliding fee scale based on your household income. Payment is made in full at time of registration.

Ready! for Kindergarten is a nationally recognized program shown to give parents and caregivers the skills and tools to help their children enter kindergarten at or above grade level. Designed for families with children ages 3 to 5.5 years. This class will include training on the reading, writing, and social-emotional skills that children need to thrive in school. The in-person training is for parents and guardians to learn how to utilize the learning tools with their children. Childcare is available for your child while you attend the class.

At the training you will receive a collection of high-quality toys (learning tools) to further your child's progress towards school readiness. *Please note: There is a Fall, Winter and Spring session with new content and new learning tools, so register for all three sessions!*

Ready! for Kindergarten is funded through a grant from The Foundation for Eden Prairie Schools (FEPS) and only available at no cost to Eden Prairie residents that meet the income requirement.

REGISTER Call 952-975-6940 or visit www.edenpr.org/READY

